

Degenerere

拍數: 32 牆數: 4 級數: Improver
編舞者: Elisabeth HS (INA) - April 2025
音樂: DEGENERERE (feat. benny blanco) - Myke Towers



Restart after 16c on wall 4

Section 1 RIGHT HEEL, LEFT HEEL, TOUCH FORWARD, HEEL SWIVEL, COUSTER STEP RIGHT, SWAY LEFT, SWAY RIGHT

1&2& heel rf, step down rf, heel lf, step down lf
3&4 touch rf forward, move both heel too right and left
5&6 rf step back, lf next to rf, rf forward
7-8 lf to left and sway to left, sway to right

Section 2 BEHIND, SIDE, CROSS, SHUFFLE TO RIGHT, SHUFFLE 1/4 TO LEFT, WALK R AND L

1&2 lf behind rf, rf to right, lf cross over rf
3&4 shuffle to right on rf, lf, rf
5&6 1/4 turn left shuffle to left on lf, rf, lf (9 o'clock)
7-8 walk rf, lf

Restart here on wall 4

Section 3 DOROTHY STEP, SYNCOPATED ROCKING CHAIR

1-2& rf diagonal right, lf behind rf, rf diagonal right
3-4& lf diagonal left, rf behind lf, lf diagonal left
5&6& rf rock forward, recover on lf, rock rf back, recover on lf
7&8& rf rock forward, recover on lf, rock rf back, recover on lf

Section 3 DIAMOND, CROSS CHA CHA, MAMBO LEFT

1&2& rf cross over lf, turn 1/8 right step back on lf (10.30 o'clock) rf step back, hitch on lf
3&4 lf behind rf (12 o'clock), rf to right, turn 1/8 to right step lf forward (1.30 o'clock)
5&6 turn 1/8 to right, cross shuffle, rf over lf, lf to left, rf over lf (3 o'clock)
7&8 lf rock to left, recover onto rf, close lf next to rf

Thank you, enjoy and happy dancing all☐