

Mesmerized

拍數: 32 牆數: 4 級數: Improver
編舞者: Cody Stevens (USA)
音樂: Rapture - Lio



SLIDE TOUCH TWICE WITH SHOULDER ROLLS, KICK AND STEP, ROLL

- 1 Step right foot to right angle (2:30), roll shoulders back
- 2 Slide left foot next to right, bring shoulders forward
- 3 Step left foot to left angle (10:30), roll shoulders back
- 4 Slide right foot next to left, bring shoulders forward
- 5 Kick right foot forward
- & Step right foot to right side
- 6 Step left foot to left side
- 7 Bump hips to left side
- 8 Roll hips forward and around to the right to right side

TOUCH, TOUCH, TRIPLE STEP ¼ TURN, RONDE, SLIDE TOGETHER

- 9 Touch left toe forward
- 10 Touch left toe to left side
- 11&12 Triple step left-right-left in place with ¼ turn, ending with left foot in front
- 13 Touch right toe forward
- 14 Ronde right foot to behind left
- 15 Step back on right foot
- 16 Slide left foot to touch next to right

TRIPLE STEP, ROCK/RECOVER, KICK AND CROSS, UNWIND AND ROLL

- 17&18 Triple step left-right-left to left side
- 19 Rock back on right foot
- 20 Recover weight onto left foot
- 21 Kick right foot to right side
- & Step right foot to right side
- 22 Touch left toe behind right foot
- 23 Unwind feet by pivoting ½ turn to left on left foot end in crouching position
- 24 Body roll from knees to head straightening body from crouching position

ROCK, KICK, TRIPLE STEP, ARMS RIGHT, ARMS LEFT, AND TOGETHER

- 25 Rock forward on right foot into a lung position
- 26 Recover weight to left foot while kicking right foot forward
- 27&28 Triple step in place right-left-right, ending with feet shoulder length apart
- & Hitch left leg to right knee
- 29 Step left foot to left side, (back to shoulder length apart)
- 30 Extend right fist to right side, bring left fist into chest
- 31 Extend left fist to left side, bring right fist into chest
- & Touch right toe in place, put arms up like in "field goal position"
- 32 Touch right toe next to left, drop arms to side

REPEAT