The Sign

拍數: 32

級數: Improver

編舞者: Violet Ray (USA)

音樂: The Sign - Ace of Base

POINTS, FORWARD LOCK STEP, ½ PIVOT TURN

- 1-2 Point right in front of left, point right to right side
- 3-4 Point right in front of left, point right to right side
- 5&6 Step right forward, cross left behind right, step right forward
- 7-8 Step left forward, pivot turn ½ right ending with weight on right (6:00)

POINTS, FORWARD LOCK STEP, ¼ PIVOT TURN

- 1-2 Point left in front of right, point left to left side
- 3-4 Point left in front of right, point left to left side
- 5&6 Step left forward, cross right behind left, step left forward
- 7-8 Step right forward, pivot turn ¼ left ending with weight on left (3:00)

SYNCOPATED CROSS STEPS, SIDE, SAILOR STEPS (2X)

- 1&2 Cross right over left, step left to left side, cross right over left
- &3-4 Step left to left side, cross right over left, step left to left side
- 5&6 Cross right behind left, step left to left side, step right to right side
- 7&8 Cross left behind right, step right to right side, step left to left side

POINT CROSS (2X), MAMBO FORWARD, BACK COASTER STEP

- 1-2 Point right to right side, cross right over left
- 3-4 Point left to left side, cross left over right
- 5&6 Rock forward on right, recover on left, step right back
- 7&8 Step left back, step right next to left, step left forward

REPEAT

RESTART

After the 2nd repetition of the dance, dance the dance through count 20, then restart the dance. After the 5th repetition of the dance (after the instrumental portion), do the first 4 counts of the dance, then restart the dance.





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牆數:4