

Sinderel-Lah

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Robin Sin (SG), Tony Sin (SG) & Nellie Chan (SG)
音樂: Masquerade - Company



STEP, & ROCK STEP, STEP, STEP, & ROCK STEP, STEP

1-2 Step forward on left, dragging right forward towards left
&3-4 Rock forward on right, recover on left, step back on right
5-6 Step back on left, dragging right back towards left
&7-8 Rock back right, recover on left, step forward on right

STEP, & ROCK SIDE, CROSS ROCK, RECOVER, ¼ TURN LEFT TOE SWITCH

1-2 Side step on left, dragging right towards left
&3-4 Rock back on right, recover on left, step right to side
5-6 Cross rock on left, recover on right
&7&8 Making a ¼ turn left step forward on left, touch right toe to the side, step right beside left, touch left toe to the side

CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, ¼ TURN LEFT, FULL TURN

1-2 Cross left over right, step right to the side
&3-4 Step left behind right, step right to the side, cross left over right
5-6 Step right to the side, making a ¼ turn left step on left
7-8 Making a ½ turn left step back on right, making a ½ turn left step forward on left

CROSS, TOUCH, CROSS, TOUCH, CROSS UNWIND ½ TURN LEFT, BACK, TOUCH

1-2 Cross right over left, touch left toe to the side
3-4 Cross left over right, touch right toe to the side
5-6 Cross right over left, unwind ½ turn left, weight remains on left
&7-8 Step back on right, touch left beside right, hold

STEP, TOUCH, TOUCH, FLICK, FLICK, FORWARD SHUFFLE, TOUCH (WITH HEAD TURN)

1-3 Step forward on left, touch right toe forward, touch right toe diagonally right back
4-5 Flick right behind left, flick right out to the side
6-7 Shuffle forward on right-left-right
8 Touch left toe forward

Optional: do a sharp head turn to the right and back to the front on &8

STEP, STEP, PIVOT ½ TURN, STEP, STEP, PIVOT ½ TURN, ½ TURN, TOUCH

1-3 Step forward on left, step forward on right, pivot ½ turn left
4-6 Step forward on right, step forward on left, pivot ½ turn right
&7-8 Making a ½ turn right on ball of right, touch left beside right, hold

REPEAT

TAG

Dance after 2nd & 4th wall, facing front wall (12:00 wall)

1-2 Cross left over right, touch right toe to the side
&3-4 Step right behind left, touch left toe to the side, hold

OPTIONAL ENDING

End dance on count 28 facing front (12:00 wall) and add the following

1-3

Cross right over left, recover on left, step back on right and bend left knee with a flamenco pose!
