

Invincible

拍數: 32 牆數: 4 級數: Intermediate / Advanced
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音樂: Don't Wanna Let You Go - Five



SYNCOPATED KICKS FORWARD (RIGHT THEN LEFT), & RIGHT POINT ACROSS, RIGHT SWEEP INTO HOOK, KNEE SWIVEL, ¼ TURN RIGHT WITH KICK, CROSS-BACK- SIDE WITH LEFT DRAG

- 1&2& Right low kick forward, right step home, left low kick forward, left step home
3-4 Right point across left keeping toe off floor, right sweep in a circle to the right to hook foot behind left knee in a figure 4
5-6 Swivel both knees to left diagonal, pivot 3/8 turn right (toward 3:00 wall) kicking right foot forward
7&8 Right step across left, left small step back, right large step side right dragging left foot toward right

SAILOR TURN, RIGHT TOE SWEEP TURNING ½ LEFT, RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD & TOGETHER WITH ATTITUDE

- 1&2 Left step behind right, right small step side right, left step forward into ¼ turn left
3-4 Right toe sweep in a circle to the left starting ½ turn left, right touch next to left finishing ½ turn sweep
5&6 Step right forward, step left forward, instep to right heel, step right forward
7&8 Left rock forward, recover to right, left step home pushing both hands out in front of body with palms facing away from chest while locking knees so pelvis pushes back

Think of counts 7&8 as a "Jamie Marshall attitude move"

SYNCOPATED RIGHT SIDE ROCK & SAILOR STEP, LEFT SAILOR STEP, RIGHT ROCK FORWARD & COASTER WITH RIGHT STOMP, LEFT STOMP

Stay primarily on balls of feet during the next 8 counts.

- 1&2& Right rock side right, recover to left, right step behind left, left step side left
3&4& Step right forward, left step behind right, right step side right, step left forward
5&6& Right rock forward, recover to left, step right back, left step next to right
7-8 Right stomp forward, left stomp next to right

SIDE MAMBO ROCKS (RIGHT THEN LEFT), RIGHT STEP FORWARD, PIVOT ¼ TURN LEFT, HIPS RIGHT, LEFT

- 1&2 Right rock side right, recover to left, right step home
3&4 Left rock side left, recover to right, left step home
5-6 Step right forward, pivot one-fourth left shifting weight to left
7-8 Shift hips/weight right, shift hips/weight left

Styling tip: for attitude, move shoulders with hips on counts 7,8

REPEAT