

Finding Nemo

拍數: 48 牆數: 4 級數: Improver
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音樂: Beyond The Sea - Duncan Sheik



WALK FORWARD RIGHT, HOLD, WALK FORWARD LEFT, HOLD; ½ PIVOT LEFT, ¼ PIVOT LEFT

- 1-4 Step right forward across left, hold, step left forward across right, hold
- 5-6 Step right forward and pivot ½ turn left (weight ends on left)
- 7-8 Step right forward and pivot ¼ turn left (weight ends on left)

WALK FORWARD RIGHT, HOLD, WALK FORWARD LEFT, HOLD; ½ PIVOT LEFT, ¼ PIVOT LEFT

- 1-4 Step right forward across left, hold, step left forward across right, hold
- 5-6 Step right forward and pivot ½ turn left (weight ends on left)
- 7-8 Step right forward and pivot ¼ turn left (weight ends on left)

CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, HOLD

- 1-4 Cross right over left, rock left to left side, recover on right, cross left over right
- 5-8 Rock right to right side, recover on left, cross right over left (slightly bend knees), hold (weight is on right)

You will be traveling forward on counts 1-8

½ TURN RIGHT WITH BOUNCES, STEP FORWARD LEFT, ½ TURN LEFT WITH BOUNCES

- 1-4 While bouncing on right heel swing left into ½ turn right (swing left slightly above floor)
- 5-8 Step left forward, while bouncing on left heel swing right into ½ turn left (swing right slightly above floor)

Styling note: while making ½ turns, as you bounce extend arms out to sides as if flying

CROSS, SIDE POINT, CROSS SIDE POINT, JAZZ SQUARE

- 1-4 Cross right over left, point left to left side, cross left over right, point right to right side
- 5-8 Cross left to left side, step left slightly back, step right to right side, touch left next to right

SIDE BEHIND, SIDE BEHIND, ROCK, RECOVER, CROSS, HOLD

- 1-4 Step left to left side, step right behind left, step left to left side, step right behind left
- 5-8 Rock left to left side, recover on right, cross left over right, hold (weight ends on left)

Start dance again by turning ¼ right and stepping forward on count 1

REPEAT

Additional styling tips: there will be 2 sequences in the music where you will hear heavy drum beats during counts 1-4 of sets 1 and 2. During these sections walk forward with attitude right, left, right, left and continue with pivots in counts 5-8

ENDING

After making the ¼ turn right at the end of the last set, you are already facing the front wall. You will do counts 1-3 of set 1 which are cross step right forward over left, hold, cross step left over right, and then tap right toe behind left and bring hands up to waist level (palms up)