

Butterfly

拍數: 0 牆數: 4 級數: Intermediate
編舞者: BM Leong (MY)
音樂: Butterfly - Smile.Dk



Sequence: AB/restart/AB/AA/BB/AB

SECTION A

WALK, WALK, FORWARD SHUFFLE, ROCK, RECOVER, COASTER STEPS

1-2 Walk forward on right foot, walk forward on left foot
3&4 Shuffle forward on right-left-right
5-6 Rock left foot forward, recover onto right foot
7&8 Coaster steps on left-right-left

RIGHT MAMBO, LEFT MAMBO, OUT, OUT, IN, IN

1&2 Right mambo on right-left-right
3&4 Left mambo on left-right-left
5-6 Step right foot forward to right diagonal, step left foot forward to left diagonal
7-8 Step right foot back to position, step left foot beside right

SIDE, TOGETHER, STEP, HOLD, PIVOT ½ TURN RIGHT, ½ TURN RIGHT, HOLD

1-2 Step right foot to right side, close left foot beside right
3-4 Step right foot forward, hold
5-6 Step left foot forward, pivot ½ turn right on balls of both feet (6:00)
7-8 ½ turn right stepping left foot back, hold (12:00)

SLOW COASTER, HOLD, JAZZ-BOX ¼ TURN LEFT WITH TOUCH

1-2 Step right foot back, close left foot beside right
3-4 Step right foot forward, hold
5-6 Cross left foot over right, step right foot back
7-8 ¼ turn left stepping left foot to left side, touch right foot beside left (9:00)

SECTION B

HEEL SWITCHES FOLLOWED BY HIP BUMPS

1& Touch right heel forward, close right foot beside left foot
2& Touch left heel forward, close left foot beside right foot
3-4 Touch right heel forward, close right foot beside left foot
5-6 Bump hips to the left twice
7-8 Bump hips to the right twice

PIVOT ½ TURN RIGHT, WALK, WALK, LEFT & RIGHT KICK BALL-POINT

1-2 Step left foot forward, pivot ½ turn right on balls of both feet
3-4 Walk forward on left foot, walk forward on right foot
5&6 Kick left foot forward, close left foot beside right, point right foot to right side
7&8 Kick right foot forward, close right foot beside left, point left foot to left side

HEEL SWITCHES FOLLOWED BY HIP BUMPS

1& Touch left heel forward, close left foot beside right foot
2& Touch right heel forward, close right foot beside left foot
3-5 Touch left heel forward, close left foot beside right foot
5-7 Bump hips to the right twice
7-9 Bump hips to the left twice

PIVOT ½ TURN LEFT, WALK, WALK, RIGHT & LEFT KICK BALL-POINT

1-3 Step right foot forward, pivot ½ turn left on balls of both feet

3-5 Walk forward on right foot, walk forward on left foot

5&6 Kick right foot forward, close right foot beside left, point left foot to left side

7&8 Kick left foot forward, close left foot beside right, point right foot to right side

RESTART

On wall 2, do the first 16 counts of the dance and restart
