

Be Loved

拍數: 48 牆數: 2 級數: Improver
編舞者: Basem Elfaham (USA)
音樂: Could You Be Loved - Bob Marley & The Wailers



Start right after the introductory solo guitar piece (16 beats)

TOE TOUCH (OR FOOT ROLL) WITH "ATTITUDE" POSTURE, HOME

1-4 Touch right toes right, right foot next to left, touch left toes left, left foot next to right (right, right, left, left)

Optional: instead of toe touches do feet rolls: right foot roll, home, left foot roll, home

5-8 Repeat 1-4 (right, right, left, left,)

Do counts 1-8 with an "attitude" posture: hands straddling hips, head turns to the side of the rolling foot with corresponding shoulder roll

RIGHT ROCK BACK, RECOVER, TRIPLE ½ TURN LEFT, LEFT ROCK BACK, RECOVER, TRIPLE ½ TURN RIGHT, 2 STEP ½ TURN RIGHT, TRIPLE ½ TURN RIGHT, DIAGONAL SKATES, SHUFFLE COMPLETING ¼ TURN LEFT

1-2 Rock back on right, recover on left (right, left)

3&4 Pivoting on left, triple ½ turn left stepping right left right (right-left-right)

5-6 Rock back on left, recover on right (left, right)

7&8 Pivoting on right, triple ½ turn right stepping left right left (left-right-left)

9-10 Right step right with toes facing right, pivoting on right, turn ½ circle right stepping left foot next to right (right, left)

11&12 Triple ½ turn right stepping right left right (right-left-right)

13-14 Moving diagonal left, skate left, skate right (left, right)

15&16 Shuffle completing ¼ turn left (left-right-left)

RIGHT ROCK RIGHT, RECOVER, CROSS SHUFFLE LEFT, LEFT ROCK ¼ TURN LEFT, RECOVER, HITCH, RECOVER, ROCK IN PLACE BENDING FORWARD-BACKWARD-FORWARD, LEFT TOE TAPS

1-2 Rock to the right on right foot, recover on left (right, left)

3&4 Cross right foot in front of left, step left foot left behind right, step right foot in front of left (right-left-right)

5-6 Left rock left making ¼ turn, recover on right (left, right)

7-8 Keeping weight on right, hitch left leg raising knee up (with both hands making hitch-hike sign), recover landing left foot forward (left, left)

9-14 With feet in place (left foot forward, right foot back), rock your body forward twice (9-10), back twice (11-12), forward twice (13-14)

15&16 Bring left foot back next to right in 3 small taps ending with weight on left (left, left, left)

TWIST WALK FORWARD, TWIST WALK BACK

1-4 Walk forward twisting both feet together (right, left, right, left)

5-8 Walk back twisting both feet together (right, left, right, left)

REPEAT