

Beautiful

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shaz Walton (UK) - May 2009
音樂: Beautiful (Radio Edit) - Akon, Colby O'Donis & Kardinal Offshall : (3:50)



Count in :32 counts- on vocal

Side. Hitch. Touch. Step. Touch. Cross. Back. Side. Touch.

- 1-2 Step right to right. Hitch left up.
- 3&4 Touch left to left side. Step left beside right. Touch right to right side.
- 5-6 Cross right over left. Step back left.
- 7-8 Step right to right side. Touch left to left side.

Bounce/dip ¼. Bounce/dip ½ hitch. Rock. Recover. Side. Touch

- 1-2 Making a ¼ left raise up on toes dropping heels x2 (weight remains on right no weight on left))
- 3-4 Making ½ right raise up on toes dropping heels x2, on count 4 drop weight onto left & hitch right knee.

(During this section bend your knees as you bounce)

- 5-6 Rock back on right. Recover on left.
- 7-8 Step side right. Step touch left beside right.

Side. Hold. Ball ¼. Step forward. Press. Back. Hold. Ball ½. ½ turn.

- 1-2 Step left to left side. Hold
- &3-4 Step right beside left. Step left forward making ¼ left. Press forward right.
- 5-6 Step back on left. Hold
- &7-8 Step right beside left. Make ½ left stepping forward left. On ball of left make a sharp turn left stepping right to right side

Side. Sailor bump/sway. Bump/sway. Side. Sailor ¼ touch.

- 1 Step left to left.
- 2& Cross step right behind left. Step left to left.
- 3-4 Step right to right as you bump/sway to right. Recover weight on left as you bump/sway to left.
- 5 Step right to right.
- 6& Cross step left behind right. Step right to right.
- 7-8 make ¼ left stepping left forward. Touch right beside left.

****Restart here wall 3.7-8 – step let to left. Touch right beside left. – you will be facing front wall.**

Press/raise. Coaster. Rock. Recover. Ball. Press/raise. Coaster ¼ cross. Point.

- 1-2 Press right forward as you raise left behind you. Step left down. (push upper body forward on count 1)
- &3-4 Step right beside left. Rock left forward. Recover on right. (push upper body forward on forward rock)
- &5-6 Step left beside right. Press right forward as you raise left behind you. Step left down. (push upper body forward on count 5)
- &7-8 Step right beside left. Make ¼ left cross stepping left over right. Touch right to right side.

½. Point. Cross shuffle. Full turn reverse box.

- 1-2 Make ½ turn right stepping right beside left. Point left to left side.
- 3&4 Cross step left over right. Step right to right side. Cross step right over left.
- 5-6 Make ¼ left stepping back right. Make ¼ left stepping left to left side
- 7-8 Make ¼ left stepping right to right. Make ¼ left stepping left to left side

Forward. Touch/bend. ½ kick. Step. Rock. Recover. ½ .¼ sweep

- 1-2 Step right forward. Touch left beside right as you bend both knees
3-4 On ball of right make ½ turn left as you kick left forward. Step forward left.
5-6 Rock forward right. Recover on left.
7-8 Make ½ turn right step right forward. Make ¼ right sweeping left from back to front. (no weight on left)

Cross. Sweep. Cross. Back. Side. ¼. Back. ½

- 1-2 Cross step left over right. Sweep right from back to front.
3-4 Cross step right over left. Step back left.
5-6 Step right to right. Make ¼ left stepping left beside right. (bend knees)
7-8 Step back big step with right. Make ½ turn left stepping left forward. (Make the last 4 counts Hippy & Bumpy, as

You see fit.)

Restart- wall 3. – counts 31-32- step left to left. Touch right beside left. Restart the dance from the beginning facing front wall.

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