

Medina

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Niels Poulsen (DK) - October 2009
音樂: You and I - Medina : (4:15)



Intro: 8 counts from first beat (app. 4 seconds into track). Start with weight on L foot

(1 – 8) R touch ball step X 2, step ½ L, walk R L

1&2 Touch R slightly fw (1), step R a small step back (&), step fw on L (2) [12:00]
3&4 Touch R slightly fw (3), step R a small step back (&), step fw on L (4) [12:00]
5 – 6 Step fw on R (5), turn ½ L stepping onto L (6) [6:00]
7 – 8 Walk fw on R (8), walk fw on L (7) [6:00]

(9 – 16) Step - heel twist X 2, step ½ L, step ¼ L

1&2 Step slightly fw on R (1), twist both heels right (&), twist both heels to centre (2) [6:00]
3&4 Step slightly fw on L (3), twist both heels left (&), twist both heels to centre (2) [6:00]
5 – 6 Step fw on R (5), turn ½ L stepping onto L (6) [12:00]
7 – 8 Step fw on R (7), turn ¼ L stepping onto L (8) [9:00]

(17 – 24) R samba step, L samba step, R jazz box with ½ R

1&2 Cross R over L (1), rock L to L side (&), recover on R (2) [9:00]
3&4 Cross L over R (3), rock R to R side (&), recover on L (4) [9:00]
5 – 6 Cross R over L (5), turn ¼ R stepping back on L (6) [12:00]
7 – 8 Turn ¼ R stepping fw on R (7), step L to L side (8) [3:00]

(25 – 32) R sailor, L sailor, cross R behind L, unwind ½ R, cross L over R, point R to R side

1&2 Cross R behind L (1), step L to L side (&), step R a small step to R side (2) [12:00]
3&4 Cross L behind R (3), step R to R side (&), step L a small step to L side (4) [12:00]
5 – 6 Cross touch R behind L (5), unwind ½ R stepping onto R foot (6) [9:00]
7 – 8 Cross L over R (7), point R to R side (8) [9:00]

(33 – 40) Diagonal extended R cross shuffle, diagonal extended L cross shuffle

1&2&& Cross R over L (1), step L a small step diagonally fw (&), cross R over L (2), step L a small step diagonally fw (&) (moving towards 7:30) [7:30]
3&4 Cross R over L (3), step L small step diagonally fw (&), cross R over L (4) (moving towards 7:30) [7:30]
5&6&& Cross L over R (5), step R a small step diagonally fw (&), cross L over R (6), step R a small step diagonally fw (&) (moving towards 10:30) [10:30]
7&8 Cross L over R (7), step R small step diagonally fw (&), cross L over R (8) (moving towards 10:30) [10:30]

(41 – 48) Side rock R, together, side rock L, sailor ¼ L, R kick ball touch

1 – 2 Square up to 9:00 rocking R to R side (1), recover on L (2) [9:00]
&3 – 4 Bring R next to L (&), rock L to L side (3), recover on R (4) [9:00]
5&6 Cross L behind R (5), turn ¼ L stepping R a small step R (&), step fw on L (6) [6:00]
7&8 Kick R fw (7), step R next to L (&), touch L next to R (8) [6:00]

(49 – 56) Fw L, touch together, back R, touch together, rock and pop X 2

1 – 2 Step fw on L (1), touch R next to L (2) [6:00]
3 – 4 Step back on R (3), touch L next to R (4) [6:00]
5 – 6 Rock L fw popping R knee fw (5), recover on R popping L knee fw (6) [6:00]
7 – 8 Rock L fw popping R knee fw (7), recover on R popping L knee fw (8) [6:00]

(57 – 64) L kick ball touch fw, R kick ball touch fw, L chasse, R back rock

- 1&2 Kick L fw (1), step back on L (&), touch R slightly fw (2) [6:00]
3&4 Kick R fw (3), step back on R (&), touch L slightly fw (4) [6:00]
5&6 Step L to L side (5), bring R next to L (&), step L to L side (6) [6:00]
7 – 8 Rock back on R (7), recover on L (8) [6:00]

Begin again!...

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