

Follow Your Soul

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - July 2011
音樂: Mr. Right Now (feat. Akon) - Pitbull : (Version 2011 - 3:10)



Start dancing after vocals on words "My Name Is" (08 Sec)

Sec 1: [1-8] Rock / Recover, 1/4 Turn R, Side, Knee Pop, Syncopated Elvis Knees L-R-L, Heel Flick

1-2 Rock Rf forward, recover on Lf (12:00)
3&4 Turn 1/4 right (3) step Rf to the right, lift heels off the Floor as you pop both knees forward
 drop both heels to floor take weight onto Rf
5&6& Pop L knee in, Lf replace, pop R knee in, Rf replace
7&8 Pop L knee in, Lf replace, flick R heel up holding weight onto Lf (3:00)

Sec 2: [9-16] Cross, Turn 1/4 R, Back, Back, Fwd Stomp, Down Up, Down Up, Heel Dig

1-2 Cross Rf over Lf, turn 1/4 right (6) step Lf back weight onto Lf
3-4 Step Rf back, stomp Lf forward take weight onto both feet
5-6 Dip body down, coming up weight onto Rf
7-8 Dip body down, coming up push L heel forward (toe up) weight onto Rf (6:00)

Sec 3: [17-24] Step Lock, Lock Step Fwd, 1/2 Pivot L, 1/4 Pivot L

1-2 Step Lf forward, lock Rf behind Lf weight onto Rf (6:00)
3&4 Step Lf forward, lock Rf behind, step Lf forward weight onto Lf
5-6 Step Rf forward, turn 1/2 left (12) take weight onto Lf
7-8 Step Rf forward, turn 1/4 left (9) take weight onto Lf

Sec 4: [25-32] Cross, Side, Heel Jack, Hold, 1/4 Turn R, Replace, Step Forward, Hold, Sailor Fwd

1-2 Cross Rf over Lf, step Lf to the left (9:00)
&3-4 Step Rf diagonal back, touch Lf heel diagonal forward, Hold (holding weight onto Rf)
&5-6 Step Lf back in place slightly next to Rf, turn 1/4 right (12) step Rf forward, Hold weight onto
 Rf
7&8 Step Lf behind Rf, step Rf slightly forward, Step Lf slightly forward weight onto Lf (12)

Restarts Here: WALL 3/6 after 32 count 1st Restart (Facing 6 o'clock) 2nd Restart (Facing 12 o'clock)

Sec 5: [33-40] Kick, Back, 1/4 Body Rotation R, 1/4 Body Rotation L, Replace, Hitch, 1/4 Turn R, Side, Inside Heel Grind L, 1/4 Turn L, Replace

1-2 Kick Rf forward, step Rf back weight onto Rf (12:00)
3-4 Rotation your body 1/4 right (3) and extending your L leg (to point position), rotation your
 body 1/4 left (12) step Lf back in place
&5-6 Hitch R knee up, turn 1/4 right (3) step Rf to the right, grind L heel inside to right (toes from
 front to right) holding weight onto Rf
7-8 Return 1/4 left (toes from front to left) (12) step Lf back in place take weight onto Lf

Sec 6: [41-48] Kick, Back Touch, 1/4 Turn L, Kick Fwd, Point, Cross, 1/4 Turn R, Back, 1/4 Turn R, Big Side Step & Drag, Ball Lift

1&2 Kick Rf forward, step Rf back in place, touch Lf back (12:00)
3&4 Turn 1/4 left (9) kick Lf forward, step Lf back in place, point Rf out to right holding weight onto
 Lf
5-6 Cross Rf over Lf, turn 1/4 right (12) step Lf back weight onto Lf
7&8 Turn 1/4 right (3) step Rf big to the right and drag Lf up to Rf, step Lf next to Rf on the ball,
 Lift R knee up (3:00)

Start Again, Enjoy!

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