

Euphoria

拍數: 64 牆數: 4 級數: Phrased Intermediate / Advanced
編舞者: Pat Stott (UK) & Ulla Engström (SWE) - March 2012
音樂: Euphoria (Single Version) - Loreen : (Swedish entry to the Eurovision Song contest 2012)



Commence after 8 Counts on the word "Why", (4 seconds) - Sequence A BBA BBA (16 counts) B BB

Part A – 32 counts

Side right, rock back, recover, side left, rock back, recover, step, step, ½ pivot, turn, step, full turn

- 1, 2& Step right to right, rock left behind right, recover on right
- 3, 4& Step left to left, rock right behind left, recover on left
- 5,6& Step forward on right, step forward on left, ½ pivot right transferring weight to right
- 7,8& Step forward on left, turn ½ left stepping back on right, turn ½ left stepping forward on left

Side right, rock back, recover, side left, rock back, recover, step, step, ½ pivot turn, step, full turn

- 1-8& Repeat section 1

Restart here during 3rd sequence of "A"

Step forward to right diagonal, step forward, recover, step back, sweep into ¼ turning sailor step, step forward, rock forward, recover, side, cross, side

- 1, 2& Right forward to right diagonal, left forward to right diagonal, recover onto right (1 0'clock)
- 3&4 &5 Step back on left, Sweep right round into right behind left turning ¼ right towards diagonal (5o'clock), step left to left, step forward on right
- 6, 7 & Step forward on left , step forward on right, recover on left (still facing (50'clock)
- 8&1 Step right to right (straightening up to 6o'clock), cross left over right on ball of foot, step right to right

Step towards right diagonal, kick, behind, side, cross, lunge, recover, sailor ½ turn, cross

- 2& Step forward on left towards right diagonal (7o'clock), kick right forward
- 3&4 Cross right behind left, square up to 6 o'clock and step left to left, cross right over left
- 5-6 Large lunge left to left, recover onto right
- 7&8 Sweep and cross left behind right, turn ½ turn left stepping right to right, cross left over right

Section B – 32 counts

Side, recover, cross shuffle, side, recover, cross shuffle

- 1-2 Rock right to right, recover onto left
 - 3&4 Cross right over left, step left to left on ball of foot, cross right over left
 - 5-6 Rock left to left, recover onto right
 - 7&8 Cross left over right, step right to right on ball of foot, cross left over right
- (optional arms 1-4 : Push both arms up and round to the sides when she sings "Euphoria)**

½ hinge turn left, cross shuffle, rock left to left, weave

- 1-2 Turn ¼ left stepping back on right, turn ¼ left stepping left to left
- 3&4 Cross right over left, step left to left on ball of foot, cross right over left
- 5-6 Rock left to left, recover onto right
- 7&8 Weave to right – cross left behind right, right to right, cross left over right

Point right to right, hold, close, point left to left, close, point right to right , cross right over left, back on left turning ¼ right, ball, cross, hitch

- 1-2 Point right to right, hold
- &3 Close right to left, point left to left
- &4 Close left to right, point right to right

5-6 Cross right over left, turning $\frac{1}{4}$ right step back on left
&7,8 Step on ball of right to right, cross left over right, hitch right knee across left knee

Bumps to right with arm movements, kick, jazz box, tap

1&2&3&4 Bump hips right, left, right, left, right whilst slowly transferring weight from left to right, kick left to left diagonal (see below)

5-8 Cross left over right, step back on right, step left to left, tap right next to left

Arm movements with the bumps – with palms facing forward

1& Push right hand up, bring right hand down and push left hand up,

2& Bring left hand down and push right hand up, bring right hand down and push left hand up

3& Bring left hand down and push right hand up, bring right hand down, push left hand up

4 Bring left hand down and push right arm up as you kick left foot (optional "who")

Note: Point index fingers as you push hands up higher and higher until beat 4 when the right arm is fully extended.

End of Dance : Turn $\frac{1}{4}$ left to face 12 o'clock with right arm extended up

Contacts: patstott1@hotmail.co.uk engsull@hotmail.com
