

Count On Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Katrin Gäbler (DE) - July 2012
音樂: Count On Me - Bruno Mars : (CD: Doo Wops & Hooligans)



(aka Friendship Song)

Intro: 16 quick Counts , start on lyrics

[1-8] Rumba Box Right, Hold, Rumba Box Left, Hold

1-2 Step right to right, step left next to right
3-4 Step right forward, hold
5-6 Step left to left, step right next to left
7-8 Step left back, hold

[9-16] Side, Together, ¼ Right, Step, Pivot ½ Right, Step, Hold

1-2 Step right to right, step left next to right
3-4 Step right ¼ right forward, hold (3.00)
5-6 Step left forward, make ½ right on both feet (9.00)
7-8 Step left forward, hold

[17-24] Toe Strut R + L, Out- Out, In- In

1-2 Step right on toe forward, put heel down
3-4 Step left on toe forward, put heel down
5-6 Step right out, step left out
7-8 Step right in, step left in

[25-32] Cross, ¼ Right, ¼ Right, Hold, Cross, ¼ Left, ¼ Left, Hold

1-2 Cross right over right, step left ¼ right back
3-4 Step right ¼ right aside, hold (3.00)
5-6 Cross left over right, step right ¼ left back (9.00)
7-8 Step left ¼ left aside, hold
Restarts here in wall 2 (6.00) wall 4 (12.00) wall 6 (6.00) and wall 9 (9.00)

[33-40] Cross Rock, Recover, Side, Hold, Cross, Side, Behind, Sweep Back

1-2 Cross right over left, weight back on left
3-4 Step right to right, hold
5-6 Cross left over right, step right to right
7-8 Cross left behind right, sweep right back

[41-48] Back Lock Step Right, Hold, ½ Turn Left over 3 Counts, Hold

1-2 Step right back, cross left over right
3-4 Step right back, hold
5-6 Step left ¼ left forward, step right next to left
7-8 Step left ¼ forward, hold

[49-56] Rock Step Forward, Recover, Hold, Rock Step Back, Recover, Hold

1-2 Rock right forward, weight back on left
3-4 Step back on right, hold
5-6 Rock left back, weight back on right
7-8 Step left forward, hold

[57-64] Step, Pivot ½ Left, Step, Hold, Side Rock, Recover, Cross, Hold

1-2 Step right forward, make $\frac{1}{2}$ turn left on both feet
3-4 Step right forward, hold
5-6 Rock left to left, weight back on right
7-8 Cross left over right, hold

Finish: replace in wall 11 counts 29-32

29-30 Cross left over right, step right $\frac{1}{4}$ left
31-32 step left $\frac{1}{2}$ left, Touch and pose !!

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