

Microscope

拍數: 48 牆數: 4 級數: Beginner / Improver
編舞者: John Huffman (USA) - December 2012
音樂: Telescope (Radio Mix) - Hayden Panettiere : (Album: Telescope)



Intro: Start dance on lyrics, Weight on L

Heel, Hook, Shuffle (x2)

1-2 Touch R heel fwd, Hook R across L shin
3&4 Step R fwd, Step L next to R, Step R fwd
5-6 Touch L heel fwd, Hook L across R shin
7&8 Step L fwd, Step R next to L, Step L fwd (12:00)

Rocking Chair, Heel Steps with 1/4 Turn R

1-2 Rock fwd on R, Recover to L
3-4 Rock back on R, Recover to L
5-6 Touch R heel fwd, Turning 1/4 R step R next to L
7-8 Touch L heel fwd, Step L next to R (3:00)

Rock, Recover, Shuffle 1/2, Step, Touch x2

1-2 Rock fwd on R, Recover to L
3&4 Turning 1/4 R step R to side, Step L next to R, Turning 1/4 R Step R fwd
5-6 Step L diagonal fwd, Touch R next to L
7-8 Step R diagonal fwd, Touch L next to R (9:00)

Step, Pivot 1/2, Walk, Walk, Charleston

1-2 Step L fwd, Pivot 1/2 R (weight to R)
3-4 Step L fwd, Step R fwd
5-6 Touch L fwd, Step L next to R
7-8 Touch R back, Step R next to L (3:00)

Walk, Walk, Shuffle, Rock, Recover, Shuffle 1/4

1-2 Step L fwd, Step R fwd
3&4 Step L fwd, Step R next to L, Step L fwd
5-6 Rock R fwd, Recover to L
7&8 Turning 1/4 R step R to R side, Step L next to R, Step R to R side (6:00)

Vine, 1/4, Rock, Recover, Shuffle 1/2

1-2 Step L across R, Step R to R side
3-4 Step L behind R, Turning 1/4 R step R fwd
5-6 Rock fwd on L, Recover to R
7&8 Turning 1/4 L step L to side, Step R next to L, Turning 1/4 L step L fwd (3:00)

Tag x2: At the end of Walls 2 (6:00) and 5 (3:00) add the following steps

1-2 Touch R heel fwd, Step R next to L
3-4 Touch L toe back, Step L next to R

Repeat

This is a "toned down" version of my Intermediate dance, "Telescope", (Check it out) I took out the faster footwork and most of the turns to make this Beginner version of the same dance

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