

Be Glorious

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - February 2013
音樂: Glorious (Video Edit) - Cascada



Intro : Start after 16 Counts

[1 – 8] Walks fwd R, L, Kickball Step, Jazz box ¼ R

1 – 2 R step fwd, L step fwd
3 & 4 R Kick fwd, R step down, L step fwd
5 – 8 Step R across L, Step L back, ¼ R step R to R side, Step L fwd (03.00)

[9-16] ½ Monterey Turn R , Touch Flick , Chasse ¼ R, Rock Recover

1 – 2 R point to R side, ½ Turn R step R next to L (09.00)
3 – 4 L point to L side, Flick L back
5 & 6 Step L to L side, Step R next to L, ¼ Turn R step L back (12.00)
7 – 8 R rock back, Recover on L

[17-24] Samba Step, Cross Point , Step fwd, ¼ Turn L, Behind Side

1 & 2 Step R Across L, L rock to L side, Recover on R
3 – 4 Step L across R, Point R to R side
5 – 6 Step R fwd (in front of L), Make on Ball of Both feet ¼ Turn L (09.00)
7 – 8 Step L behind R, Step R to R side

[25-32] Step fwd, ½ Turn R, Rock back Recover, Step fwd, ¼ Turn R point, Shuffle fwd

1 – 2 Step L fwd (in front of R), Make on Ball of Both feet ½ Turn R (03.00)
3 - 4 Rock R back, Recover on L
5 – 6 Step R fwd, ¼ R point L to L side (06.00)
7 & 8 Step L fwd, Step R next to L , Step L fwd

[33-40] Syncopated Rock Steps x2, Rock fwd Recover, Touch back, ¾ Turn R

1-2& Rock R fwd, Recover on L , Step R next to L
3-4& Rock L fwd, Recover on R, Step L next to R
5 – 6 Rock R fwd, Recover on L
7 – 8 Touch R back, Make ¾ Turn R (03.00)

[41-48] Side Touch, Kickball Cross x2

1 – 2 Step L to L side, Touch R behind L (facing Diag R)
3 & 4 Kick R fwd, Step R down , Step L across R
5 – 6 Step R to R side, Touch L behind L (facing Diag L)
7 & 8 Kick L fwd, Step L down , Step R across L

[49-56] Side Behind, ¼ L with Shuffle, Step fwd Pivot ½ L, Shuffle fwd

1 – 2 Step L to L side, Step R behind L
3 & 4 ¼ L step L fwd, Step R next to L, Step L fwd (12.00)
5 – 6 Step R fwd, Pivot ½ Turn L (06.00)
7 & 8 Step R fwd, Step L next to R , Step R fwd

[57-64] Step fwd with Knee Pops x2, Rock Recover, Sailor ¼ L

1 & 2 Step L fwd, Pop both Heels up and Down
3 & 4 Step R fwd, Pop both Heels up and Down
5 – 6 Rock L fwd, Recover on R

7 & 8 Sweep L behind R with $\frac{1}{4}$ Turn L, Step R to R side, Step L to L side (03.00)

Start again

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Last Revision - 12th March 2013
