A Piece of Paradise!

拍數: 48

級數: Beginner

編舞者: Sebastiaan Holtland (NL) - June 2013

音樂: Come to Me - Pandera : (iTunes)

16 count intro, start dancing at the "beat" (09 Sec).

Part I: [1-8] Step, ½ R, Back, Back, Touch Fwd, Hold, Syncopated Hip Bumps Back, Step, Step, Lock. 1-2 Step Rt forward, turn 1/4 right (6) step Lt back. &3-4 Step Rt Back, touch Lt slightly forward, Hold (holding weight onto Rt). &5&6 Bump hips fwd, bump hips back, bump hips fwd, bump hips back. 7&8 Step Lt forward, step Rt forward, lock Lt behind Rt weight onto Rt. (6:00) Part II: [9-16] Step, Lock, Lock Step Fwd, Fwd Rock, Recover, 1/4 L, Side, Together, Side, Together. 1-2 Step Rt forward, lock Lt behind Rt. 3&4 Step Rt forward, lock Lt behind Rt, step Rt forward. 5-6 Rock Lt forward, recover on Rt. 7&8& Turn ¼ left (3) step Lt to the left, step Rt next to left, step Lt to the left, step Rt next to left. Part III: [17-24] Side Rock, Recover, Sailor Heel, 2x Kick Ball Cross (Left). 1-2 Rock Lt to the left, recover on Rt. 3&4 Step Lt behind Rt, step Rt to the right, touch Lt heel diagonal forward. 5&6 Kick Lt diagonal fwd, step Lt back in place on ball, cross Rt over Lt. Kick Lt diagonal fwd, step Lt back in place on ball, cross Rt over Lt. (3:00) 7&8 Part IV: [25-32] Side Rock, Recover, Sailor Touch, Side, Together, L Chasse 1/4 L. 1-2 Rock Lt to the left, recover on Rt. 3&4 Step Lt behind Rt, step Rt to the right, touch Lt next to Rt. 5-6 Step Lt to the left, step Rt next to Lt. 7&8 Step Lt to the left, step Rt next to Lt, turn 1/4 left (12) step Lt forward. Part V: [33-40] Point Fwd, Back, Point Back, Unwind ½ L, R Jazz Box. 1-2 Point Rt forward, step Rt back. 3-4 Point Lt back, unwind 1/2 left (6) taking weight onto Lt. 5-6 Cross Rt over Lt, step Lt back. 7-8 Step Rt to the right, step Lt slightly forward. Part VI: [41-48] ¼ Pivot L, Heel Twist L, & Cross, Hold, Side Jump, Hold. 1-2 Step Rt forward, turn 1/4 left (3) taking weight onto Lt. 3-4 Twist both heels to left, twist both heels in place. &5-6 Step Lt slightly to the left, cross Rt over Lt, Hold. &7-8 Small jump to left on Lt, touch Rt next to Lt, Hold. Start again and have fun! Contact: smoothdancer79@hotmail.com





牆數: 4