

# Watch Out For This

拍數: 80      牆數: 0      級數: Phrased Intermediate / Advanced  
編舞者: Aurelie Bernard & Mickael Godeau (BEL) - July 2013  
音樂: "Watch out for this" by Major Lazer



Séquence : ACC BBA BBA ACC BBA BBA AA

## Part A - 32 counts

**Basic samba step right, basic samba step left, step forward, half turn right with a hitch, lock step forward.**

1&2      RF step side, close left to right, cross RF over left.  
3&4      LF step side, close RF to LF, cross LF over RF  
5-6      step RF forward - Hitch LF up, while doing this turn ½ right.  
7&8      LF step forward, RF next to LF, LF step forward

**Mambo right forward, mambo left back, and lock, 1/2 turn left, body movement**

1&2      RF step forward, Recover on LF, RF next to LF.  
3&4      LF step back, recover on RF, LF next to RF  
&5-6      RF step forward, LF lock behind RF – half turn left  
7-8      shake your body like a samba

**Point heel flick, cross shuffle right, volta step x4 with 1 1/8 turn right**

1&2      RF point side LF, RH side of LF, flick RF  
3&4      RF cross over LF, close LF next RF, cross RF over LF  
&5      turn ¼ R LF side step, RF cross over LF  
&6      turn ¼ R LF side step, RF cross over LF  
&7      turn ¼ R LF side step, RF cross over LF  
&8      turn 3/8 R LF side step, RF cross over LF

**Press, close, walk, walk, samba walk syncopated with a LF hitch half turn R, coaster step.**

1&2      press LF forward, recover on RF, close LF side RF  
3-4      RF step forward, LF step forward  
5&6&      RF step forward, LF next to RF, RF step forward, 1/2 T R on RF with a LF hitch  
7&8&      LF step back, RF close side LF, LF step forward, RF point side of LF.

## Part B - 16 counts

**Side, close, bodyroll, 1/8 R coaster step, pirouette R, falling press**

1&2      step side RF, close with LF and change the weight (with shaking body)  
3&4      step side RF, body roll from L to R, close LF to RF and finish the weight on LF  
5&6      1/8 T R step back RF, close LF to RF, RF step forward  
7      1 turn on RF in pirouette  
8      finish the turn on the ball of the foot RF&LF

**Press, sweep, behind side cross RF with ¼ L, 3/4 rolling syncopated bodyroll**

1-2      RF press forward, sweep RF  
3&4      cross RF behind, LF side step, 1/4 L step RF forward  
5&6      step forward LF, ½ L Step RF back, ¼ L step side LF  
7-8      body roll from R to L touch RF side LF

## Part C - 32 counts

**Standing rolls, samba rolls,**

1-2-3-4      full turn with the body (rolls)  
5&6      1/4 L LF step forward, ½ LF step back, cross LF over RF  
7&8      RF step back, 1/4 L LF side step, RF tush side LF

**samba rolls+1/2touch, bratucadas.**

1&2            1/4L LF step forward, ½ LF step back, cross LF over RF  
3&4            1/4L RF step back, 1/4L LF side step, 1/4L RF tush side LF  
&5             RF step back, touch LF and push the hips  
&6             LF step back, touch RF and push the hips  
&7             RF step back, touch LF and push the hips  
&8             LF step back, touch RF and push the hips

**Standing rolls, samba rolls,**

1-2-3-4        full turn with the body (rolls)  
5&6            1/4L LF step forward, ½ LF step back, cross LF over RF  
7&8            RF step back, 1/4L LF side step, RF tush side LF

**samba rolls+1/2touch, bratucadas.**

1&2            1/4L LF step forward, ½ LF step back, cross LF over RF  
3&4            1/4L RF step back, 1/4L LF side step, 1/4L RF tush side LF  
&5             RF step back, touch LF and push the hips  
&6             LF step back, touch RF and push the hips  
&7             RF step back, touch LF and push the hips  
&8             LF step back, touch RF and push the hips

Contact: [bernarda\\_456@hotmail.com](mailto:bernarda_456@hotmail.com)

---