

Beautiful Z

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Zahava Wilstein - November 2013
音樂: "Beautiful" by Damian "Jr. Gong" Marley & Bobby Brown



Step, hitch, side rock and behind, left scissors, 1/4 turn, 1/4 turn

1 2 Step left forward(1), right hitch with hip raise(2),
3 & 4 rock right to right side(3), recover left(&), step right behind left(4)
5 & 6 Step left to side(5), together with right (&), crossing left over right(6)
7 8 step back with right making ¼ turn left(7), step left forward with ¼ turn left (8) (6 o'clock)

Step, 1/4 turn with open knee, 1/2 right sailor, step, right toe, heel, cross, heel

1 2 3 step right forward(1), open left knee as you make 1/4 turn left while keeping weight on right
(look left) (2), shift weight onto left (3) as you sweep right (3 o'clock)
4&5 1/2 turn right sailor - behind with right(4), side with left while turning 1/4(&), step side with
right (5)(9 o'clock)
6 step left forward
7&8& touch right toe back(7), right heel forward(&), right toe cross(8), touch right heel forward(&)

Step, side point, hitch across, step forward with 3/4 sweep turn, side triple, sway hips with 1/4 turn

a1 2 quickly step down with right(a), touch left toe to left(1), hitch left knee up and across right
leg(2)
3-4 step slightly forward left(3), as you sweep the right from back to front into a 3/4 left turn (keep
weight on the left) 12 o'clock
5&6 step right to side(5) step together with left(&), step right to side(6) (use hip movement with
this side triple)
7 8 rock left with hip back beginning 1/4 turn right(7), finish 1/4 turn while rocking forward(8). (3
o'clock)

Step, 1/4 left with right coaster, 1/2 turn, right coaster, full left 2-step turn

1 2&3 step left forward(1), right back making a 1/4 turn left(2), step together with left(&), step right
forward (3) (12 o'clock)
4 5&6 ½ turn right stepping back on the left(4), right step back (5), together with left (&), right step
forward(6) (6 o'clock)
7 8 ½ turn right stepping left (7), ½ turn right stepping right forward (8)

Step, point, shoulder switches, upper body roll, left 1/2 turning coaster cross

1 2 step left forward(1), point right toes to right(2)
3&4 raise shoulders right(3), left(&), right(4) while shifting weight to right
5 6 upper body roll (5), finish roll sitting into right hip(6).
7&8 step left back making 1/4 turn(7), step right together making another 1/4 turn(&), cross left
over right(8) (12 o'clock)

Press, recover, right sailor, step 1/4 left, step 1/2 right, 1/2 right with back lock back

1 2 press right to side(1), recover weight to left(2)
3&4 right sailor step - behind with right(3), side with left(&), side with right (4)
5 6 pivot ¼ turn left putting weight on forward left foot(5), pivot ½ turn right putting weight onto
right (6)
7&8 step left back making 1/4 turn right(7), cross right across making 1/4 turn right(&), step left
back(8) (9 o'clock)

Step back, kick, ball step forward 2X, step, together, knee splits right and left

1 2 step right back(1), slowly kick left to right diagonal

- &3&4 keeping body angled, forward ball step with left(&), step together right(3), ball step forward with left(&), step right together (4)
- 5 6 step left forward to left diagonal(5), step right next to it and bend knees placing hands on knees(6)
- 7 8 split right knee looking right(7), return right knee (&), split left knee looking left(8), return left knee (&) (9 o'clock)

Curving 1/4 right triple step, Curving 3/4 left triple step, rock, recover, triple step 1/2 turn

- 1&2 step right making 1/8 turn right(5) together with left while making another 1/8 turn(&), right to side (2) (This triple step makes a curved arc). (12 o'clock)
- 3&4 left step with 1/4(3), step together with right making another 1/4 turn left(&), step forward with left making another 1/4 turn(4). (This triple step makes a curved arc). (3 o'clock)
- 5 6 rock right forward(5), recover left(6)
- 7&8 step right to side making 1/4 right turn(7), step together with left making 1/4 right(&), step forward with right(8) (9 o'clock)

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