

Climax

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul McAdam (UK) - November 2013
音樂: Climax - Usher : (Single)



Intro: Approximately 17 seconds into song

[1-8] STEP BACK, ROCK STEP, SWEEP, CROSS 1/4 TURN, ROCK & STEP FULL TURN

- 1,2& Step back on left foot, rock back on right foot, recover weight on left
3,4& Step forward on right foot and sweep left foot forward, cross left foot over right, make a 1/4 turn left and step back on right
5,6& Step back on left, rock back on right, recover weight on left
7&8 Step forward on right foot, pivot 1/2 turn left, pivot 1/2 turn left on left foot, bringing right foot next to left

[9-16] SIDE CROSS SIDE, ROCK BACK 1/2 TURN X2

- 1&2 Step left foot to left side, cross right foot over left, step right foot to right side
3&4 Rock back on right foot, recover weight on left, make a 1/2 turn left and step back on right
5&6 Step left foot to left side, cross right foot over left, step left foot to left side
7&8& Rock back on right foot, recover weight on left, make a 1/2 turn left and step back on right, rock back on ball of left foot

[17-24] RECOVER SWEEP, CROSS UNWIND FULL TURN SWEEP, BEHIND SIDE CROSS, SIDE ROCK CROSS, 1/2 TURN CROSS

- 1,2& Recover weight forward onto right foot as you sweep left foot forward, cross left foot over right, unwind a full turn right keeping weight on left foot
3,4&5 Sweep right foot back, cross right behind left, step left foot to left side, cross right foot over left
6&7 Rock left foot to left side, recover weight onto right, cross left foot over right
&8& Make a 1/4 turn left and step back on right foot, make a 1/4 turn left and step left foot to left side, cross right foot over left

[25-32] SIDE ROCK BEHINDS X2, DOUBLE TIME SWIVEL, SWITCHES FULL TURN

- 1,2& Step left foot to left side, rock back on right, recover on left
3,4& Step right foot to right side, rock back on left, recover weight on right
5&a Step left foot forward, swivel both heels out, swivel both heels in
6&a Touch right toe out to right side, step right foot next to left, touch out to left side
7&8& Step forward on left foot, step forward on right foot, pivot 1/2 turn left, make a 1/2 turn left and step back on right foot.

START AGAIN AND ENJOY!