

Demons

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Amy Glass (USA) - January 2014
音樂: Demons - Imagine Dragons : (iTunes)



32 count intro

[1-8] Large Step Back R, Side Rock Recover Cross, ½ Turn L, Forward R, Spiral, Forward R

- 1 Step R back
- 2&3 Rock L to L side, recover weight on R, cross L over R
- 4 Turn ¼ L Stepping R back (9:00)
- 5 Turn ¼ L Stepping L forward (6:00)
- 6 Step R forward
- 7 Step L slightly forward turning full turn R (spiral turn, weight on L)
- 8 Step R slightly forward

[9-16] Press L, Back R, L, R, 5/8 L with Sweep, Cross Back, Sway, Sway

- 1 Press L to diagonal (4:30)
- 2&3 Run back R, L, R (4:30)
- 4-5 Turn 5/8 L while stepping L forward and sweeping R (9:00)
- 6& Cross R over L, step L back
- 7-8 Step R to R and sway R, Sway L

[17-24] Step to Diagonal, Step Pivot Full Turn, Back, Back, Behind, ¼ Turn, Cross, Hitch 3/8 Turn

- 1 Step R to L diagonal (7:30)
- 2&3 Step L forward, pivot ½ R, Turn ½ R stepping L back
- 4-5 Back R, L (7:30)
- 6&7 Step R behind L, Turn ¼ L stepping L forward, Cross R over L (4:30)
- 8 Turn 3/8 R hitching L knee slightly (9:00)

[25-32] Step, Mambo Step, 1 & ½ Turn L, Sailor, Mambo Step

- 1 Step L forward
- 2&3 Rock forward R, Recover L, Step back R
- 4&5 Turn ½ L stepping L forward (3:00), Turn ½ L stepping R back (9:00), Turn ½ L sweeping L from front to back (3:00)
- 6&7 Step L behind R, R to R side, L slightly forward (3:00)
- 8& (1) Rock forward R, recover L, (large step back R to start dance)

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