

Listen To Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicky Tan (MY) - March 2014
音樂: Stompa - Serena Ryder



Dance starts at lyrics "People..."

Section 1

1& Step RF diagonally forward, Touch LF beside RF,
2& Step LF diagonally forward, Touch RF beside LF
3& Step LF diagonally back, Step LF together
4& Step LF diagonally back, Touch LF beside RF
5&6& Kick LF forward, Step on LF, Rock RF back, Recover on LF
7&8& Kick RF forward, Step on RF, Rock LF back, Recover on RF (12:00)
(Easier Option :)
5,6 Step LF to side, Touch RF behind LF
7,8 Step RF to side, Touch LF behind RF

Section 2

1&2& Turn 1/4 Right & Swivel both heels to R, L, R, L (3:00)
(Hands Movement : Slap the side of your hips and Clap hands alternately)
3&4& Bounce on heels of both feet gently
(Hands Movement : Push both arms forward moving from left to right)
5&6& Touch right heel forward, Step RF beside LF, Touch left heel forward, Step LF beside RF
7& Touch right heel forward, Hitch right knee,
8& Repeat 7& (3:00)

Section 3

1,2 Step RF to side, Step LF behind RF
&3 Turn 1/4 Right & RF forward, Step LF forward (6:00)
&4 Do a heel splits ~ Push both heels out to side then together again
5&6 Forward Shuffle LF, RF, LF
7&8& Step RF to side & Push Shoulder out to side R,L,R,L (6:00)

Section 4

1&2 Side Chasse to Right on RF, LF, RF
3&4 Turn 1/4 L & do a side chasse to Left on LF, RF, LF (3:00)
5&6& Rocking Chair ~ Rock RF forward, Recover on LF, Rock RF back, Recover on LF
7&8& Toe Struts - Touch RF forward, Step RF in place, Touch RF forward, Step LF in place (3:00)

Restarts : At Wall 2 (3:00) and Wall 6 (3:00), dance for 16 counts and restart (6:00)

Tag : At the beginning of Wall 5 (12:00), do a 8 counts tag before starting dance (12:00)

1-4 R Hip Bump four times
5&6 Rock RF over LF, Recover on LF, Step RF to side
7&8 Rock LF over RF, Recover on RF, Step LF to side

Contact: nickyty@gmail.com