

Halo

拍数: 32 墙数: 2 级数: Improver
编舞者: Ng Siew Lee (CH) - April 2009
音乐: Halo - Beyoncé : (CD: I Am...Sasha Fierce)



Starts 16 counts after music starts

Side Rock, Replace, Side Rock, Replace, Rock Forward, Recover, Ronde, Behind, Side Cross

- 1-2& Rock right to side, recover on left, step right together
- 3-4& Rock left to side, recover on right, step left together
- 5-6 Rock right forward, recover on left (sweep right back)
- 7&8 Cross right behind, step left to side, cross right over left

Step Left, Rock Back, Recover, Sways, Turn 1 ¼ Left, Step Forward, ½ Turn Right, Rock Back, Recover, Step

- &1-2 Step left to side, rock right behind left, recover on left
- 3&4 Sway hips to right, left, right
- 5&6 Turn ¼ left and step left forward (9:00), turn ½ left and step right back (3:00), turn ½ left and step left forward (9:00)
- &7 Step right forward, turn ½ right and step left back (3:00)
- 8& Rock right back, recover on left

Walks, Side Rock Cross, Turn ¼ Right (2x), Cross, Recover, Weave

- 1-2 Step right forward, step left forward
- 3&4 Rock right to side, recover on left, cross right over left
- 5&6 Turn ¼ right and step left back (6:00), turn ¼ right and step right to side (9:00), cross/rock left over right
- 7&8& Recover on right, step left to side, cross right over left, step left to side

Ronde, ¼ Sailor Step Cross, Rock Recover Side, Cross, ¼ Left Turn (2x), ¼ Right Turn (2x)

- 1-2&3 Step right back (sweep left back), turn ¼ left and step left back (6:00), step right to side, step left diagonally forward
- 4&5 Cross/rock right over left, recover on left, step right to side
- 6&7 Cross left over right, turn ¼ left and step right back (3:00), turn ¼ left and step left to side (12:00)
- 8&1 Cross right over left, turn ¼ right and step left back (3:00), turn ¼ right and step right to side (6:00)

Last count of the dance, is a ¼ turn connecting back to the start of the dance

Repeat

RESTART: When dancing the 8th wall, dance only as far as 16 counts (3:00), then add:

Cross Unwind ¾

- 1-2 Step right forward, step left forward
- 3-4 Cross right over left, unwind ¾ (weight to left) (12:00)

Restart the dance