

拍数: 32 墙数: 4 级数: High Intermediate
 编舞者: Scott Blevins (USA) & Maria Maag (DK) - March 2015
 音乐: BO\$\$ - Fifth Harmony : (Album: Reflection)



#15 count intro to start on the strong drum beat two beats before the lyrics.

Seems when the song was edited, the first beat was lost.

Start counting with 2 on the first beat you hear and count to 16 or listen for the first high pitched “woo” that happens on the & before count one, then 8 counts to start.

Sequence: Intro - 32 count dance -16 count tag - 32 count dance – 32 count dance – 16 count tag – 32 count dance – 32 count dance – counts 1-16 of dance – 16 count tag – 32 count dance – counts 1-16 of dance - Ending.

[1-8] ¼ RIGHT, ¼ RIGHT, ¼ RUN RUN RUN, ½ TURNING JAZZ STEP, FULL TURN TRIPLE

- 1-2 1) Turning ¼ right, step R forward; 2) Turning ¼ right, step L forward [6:00]
- 3&4 3&4) Turn ¼ right taking three small steps forward R-L-R [9:00]
- 5&6 5) Step L across R; &) Turning ¼ left, step R back [6:00]; 6) Turning ¼ left, step L forward [3:00]
- 7&8 7) Turning ½ left, step R back; &) Turning ½ left, step L forward; 8) Step R forward [3:00]

[9-16] ¼ CROSS, ROCK, RECOVER, CROSS, ¼ RIGHT, ¼ RIGHT, CROSS, ¼ RIGHT, ¼ ROCK. RECOVER, CROSS

- &1-2 &) Turning ¼ left, step L across R; 1) Taking a larger step rock R to right pushing hip to right; 2) Recover to L [12:00]
- 3&4 3) Step R across L; &) Turning ¼ right, step back on L; 4) Turning ¼ right, step R to right [6:00]
- 5-6 5) Step L across R; 6) Turning ¼ right, step R forward [9:00]
- 7&8 7) Turning ¼ right, rock L to left; &) Recover to R; 8) Step L across R [12:00]

[17-24] BALL, WALK, WALK, MAMBO, ½ RIGHT, FORWARD, FULL TURN TRIPLE

- &1-2 &) Step ball of R to right; 1) Step L forward in front of R; 2) Step R forward
- 3&4 3) Rock L forward; &) Recover to R; 4) Step L back
- 5-6 5) Turning ½ right, step R forward [6:00]; 6) Step L forward prepping for left turn
- 7&8 7) Turning ½ left, step R back; &) Turning ½ left, step L forward; 8) Step R forward [6:00]

[25-32] FWD, TOUCH LOOK, ½ CROSS, ROCK, RCVR, CROSS, ROCK, RCVR, CROSS, FWD, ¾ SPIRAL

- &1 &) Step L forward; 1) With knees slightly bent, touch ball of R crossed behind L as you look and torque body left
- 2 2) Turning ½ right on the spot, step R across L [12:00]
- 3&4 3) Rock L to left; &) Recover to R; 4) Step L forward/across R (moving forward)
- 5&6 5) Rock R to right; &) Recover to L; 6) Step R forward/across L (moving forward)
- 7-8 7) Step L forward; 8) Turn ¾ right on the spot on L foot as you let R spiral around L (weight on L, R crossed in front of L) [9:00]

Tag: The Tag will occur 3 times. 1st and 3rd times will occur facing the original 9 O'clock wall, the 2nd time will occur facing the original 3 O'clock wall.

The Tag is 16 counts. You will do counts 1- 8 below twice.

[1-8] ROCK, RECOVER, BEHIND, SIDE, SIDE, BEHIND, SIDE, CROSS, LIFT, ¼ SIT, ¼ LEFT. TUCK

- 1&2& 1) Rock R to right; &) Recover to L; 2) Step R behind L; &) Step L to left
- 3&4& 3) Step R to right; &) Step L behind R; 4) Step R to right; &) Step L across R
- 5-6 5) Step ball of R to right lifting R hip; 6) Turn ¼ left on R and go into a sit as you lower R heel
- 7-8 7) Turning ¼ left, step L to left; 8) Tuck R knee in toward L knee as you look left (R toe touching beside L with R heel lifted)

[9-16] REPEAT 1-8

Ending: You will be facing the back wall on count 16. Do the steps below on &-17

(&) Turning ½ right, step R forward; (1) Point L toe to left, finishing facing the original 12 O'clock wall.

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