Pop! Emergency!

拍数: 32

级数: Beginner

编舞者: Betty Moses (USA) & Eugene Walls (USA) - November 2015

音乐: Emergency - Icona Pop : (Album: Emergency - Single)

墙数:4

#16-count Intro - No Tags, No Restarts

[1-8] Out, Out, Heels-Toe-Heels, Back, Back, Coaster Step

- 1-2 Step R forward and out, Step L forward and out
- 3&4 Swivel heels in-toes in-heels in bringing feet together (weight ends on L)
- 5-6 Step R back, Step L back
- 7&8 Step R back, Step L next to R, Step R forward

[9-16] Rock/Recover, ½ Turning Triple, V step (while fanning self)

- 1-2 Rock forward on L, Recover weight on R
- 3&4 Triple step (LRL), turning ½ left □ [6:00]
- 5-6 Step R forward and out, Step L forward and out (while fanning self)
- 7-8 Step R back and in, Step L next to R (while fanning self)

[17-24] Step, Together, Side Rock/Recover, Cross, ¼ Turn Knee/Hip Roll, Knee/Hip Roll In Place

- 1-2 Step R to side, Step L next to R
- 3&4 Rock R to side, Recover weight L, Cross R over L
- 5&6 Turning ¼ left touch L toe forward roll L knee/hip counter (weight on L)□[3:00]
- 7&8 Touch R toe forward roll knee/hips clockwise (weight on R)

[25-32] ½ Right Turning Triple (X2)*, ½ Pivot, Triple Forward

- 1&2Triple step turning ½ right LRL□ [9:00]
- 3&4Triple step turning ½ right RLR□ [3:00]
- 5-6 Step L forward, Pivot turn ½ right [9:00]
- 7&8 Triple forward LRL

Repeat. Enjoy!

*A non-turning option for counts 25-28 for dancers not wanting to turn:

[25-32] Triple Forward (X2), ½ Pivot, Triple Forward

- 1&2 Triple forward LRL [3:00]
- 3&4 Triple forward RLR
- 5-6 Step L forward, Pivot turn ½ right□ [9:00]
- 7&8 Triple forward LRL

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