Love On The Brain



拍数: 16 墙数: 2 级数: Intermediate

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音乐: Love on the Brain - Rihanna



[1-5]: Step – Step Sweep –Sailor Step – Cross – ¼ Turn Step – Step ½ Turn

1-2 Step R to R – Cross L behind R and sweep with R from the front to the back

&a 3 Cross R behind L – Step L to L – Step R to R

4 &a 5 Cross L behind R – Making ¼ turn stepping R forward – Step L forward – Making ½ turn R

(Weight on R)

[6-9]: Step - Full Turn with 2 Stomp & Sweep - Cross - Side - Behind Sweep

6 &a 7 Step L forward – Making ½ turn L stepping R backward – Stomp L next to R – Making ½ turn

L stepping L forward and sweep with R from the back to the front

8 &a 1 Cross R over L – Step L to L – Cross R behind L – Sweep L from the front to the back

[10-13]: Behind – Side – Hitch in 2 times – Step ½ Turn – ½ Turn Back Step – Back Step Sweep

2 &a 3 Cross L behind R – Step R to R – Face the diagonal and rise your L foot and bend your knee

- Rise your L knee to finish the hitch

4 &a 5 Step L forward – Making ½ turn R (weight on R) – Making ½ turn R stepping L backward –

Step R backward and sweep L from the front to the back

[14-16]: Back Step Sweep – Back Step – Touch – 3/8 Turn – Side Rock – Rolling Vine

6 &a7 Step L backward and sweep R from the front to the back – Step R backward – Touch L

backward – Making 3/8 turn L (weight on L)

Arms Movement on count 7: Put your L hand up as ½ circle from down to up

a8 &a Put your weight on R – Recover On L – Making ¼ turn R stepping R forward – Making ½ turn

R stepping L backward

Arms Movement:

a Continue the circle movement and bend your L elbow to have the palm of your hand outside

in front of the R side of your face

8 Put your L hand from the R to the L in front of your face and clench your fist

IMPORTANT: To start again the dance, you have to make you 1st count with ¼ turn R and step R to R (To finish the rolling vine with the counts a8 &a1)

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