

Focus

拍数: 96 墙数: 2 级数: Phrased Intermediate / Advanced
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音乐: Focus - Ariana Grande



Departure: 2x8 - Sequence: A-B-A-B-Tag-Tag-A-B-B-Final

A Sentence – 64 counts

A[1-8] WalkR, walk L, cross rock side, sailor step, sailor 1/4 turn right

- 1-2 Walk R, walk L
- 3 & 4 cross right over left, recover PDC left, right to right
- 5 & 6 Step left behind right, right to right, step left in place
- 7 & 8 Step right behind left, 1/4 turn right step left to left, step right forward

A[9-16] Step 1/2 turn R, shuffle 1/2 turn, coaster step, cross, 1/4 turn left

- 1-2 Step forward, 1/2 turn
- 3 & 4 Step forward 1/4 turn right, together PD PG, D 1/4 turn left back,
- 5 & 6 Step back, step right to side, right over
- 7-8 Cross left over right, 1/4 turn left right behind

A[17-24] Back lock back, back lock back coaster step, step 1/2 turn left

- 1 & 2 left back, cross right over left, left behind
- 3 & 4 Step right back, cross left over right, step right back
- 5 & 6 Step back, step left to side, step forward
- 7-8 Step forward, 1/2 turn left

A[25-32] Rock step, coaster step, rock step, coaster step

- 1-2 Step forward, recover PDC PG
- 3 & 4 Step right back, left beside right, Step forward
- 5-6 Step forward, recover PDC PD
- 7 & 8 Step back PDC to PG side, step forward

A[33-40] Diagonal step lock step, diagonal step lock step, 1/2 turn left, back, coaster step

- 1 & 2 Step forward, step back right, step forward (in the right diagonal)
- 3 & 4 Step forward right behind left, step forward (to the left diagonal)
- 5-6 1/2 turn left, right back, left back
- 7 & 8 Step back, step right to side, right over

A[41-48] Diagonal step lock step, diagonal step lock step, kick step tip, tip kick step

- 1 & 2 Step left forward, right behind left, step forward (in the diagonal G)
- 3 & 4 Step right forward, step back right, step forward (in the diagonal D)
- 5 & 6 kick left diagonally left, step left forward, right toe to right
- 7 & 8 kick right diagonally right, step right forward, point left to left

A[49-56] Cross & Heel, & cross & heel & cross, 1/4 turn left, coaster step

- 1 & 2 Cross left over right, right to right, left to left heel diagonally
- & 3 & 4 left beside right, cross right over left, left to left, to right heel diagonally
- & 5-6 Step left to side, cross left over right, 1/4 turn to left right behind
- 7 & 8 Step back, step left to side, step forward

A[57-64] Cross & heel, & cross 1 / 4 turn left, & step 1/2 turn, step turn 1/2

- 1 & 2 Cross right over left, left to left, to right heel diagonally
- & 3-4 Step left to side, cross left over right, 1/4 turn left right behind

& 5-6 Step left beside right, step forward, 1/2 turn left
7-8 Step forward, 1/2 turn left (end weight on left)

Tag 2: by 12 late 5th Wall ~ 4 counts

1-4 Cross, back, side, step

B Sentence – 32 counts

B[1-8] Kick ball tip, press press, kick step ball, twist twist,

1 & 2 in the diagonal R, Kick right, step right beside left, point left to left
3-4 on left, back, weight on right (on the ends)
5 & 6 kick left diagonally L, step left beside right, Step forward
7-8 bend knees by making a pivot heels to D, back to center

B[9-16] Coaster step, advanced hip bump, half turn, advanced hip bump, 1/2 turn R, 1/2 turn R

1 & 2 Step back, step right to side, right over
3-4 toe L forward with hip blow up, 1/2 turn R
5-6 toe R forward with hip blow up, step right
7-8 1/2 turn left back, 1/2 turn right, step right forward

B[17-24] Kick ball tip, press press, kick ball step, twist twist

1 & 2 Kick L in the diagonal left, step left beside right, point right to right
3-4 on right, back, on left (on the ends)
5 & 6 kick R in the diagonal R, step right beside left, step forward
7-8 bend knees by making a pivot heels left, return to center

B[25-32] Coaster step, advanced hip bump 1/2 turn, advanced hip bump 1/2 turn L, back

1 & 2 Step back, step right beside left, step forward
3-4 toe R forward with hip blow up, 1/2 turn left
5-6 toe L forward with hip blow up, step left
7-8 1/2 turn left step right back, left back

Tag 1: here at 12:00 at the end of 4th Wall - 5 counts

1-5 Cross, back, side, step, 1/2 turn

Final at 12:00 on the sentence B: end of the 7th wall make one step right

Dancing is like talking quietly. This means many things without saying a word.

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