

Scars

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Holly Easom (USA) - April 2017
音乐: Scars to Your Beautiful - Alessia Cara : (Album: Know it all - 3:50)



Step, Mambo, Side rock, Cross and Cross, 1/2 turn L, 1/4 turn L

- 1 Step RF forward
- 2&3 Rock LF forward (2), recover weight to RF (&), step LF next to RF (3)
- 4&5&6 Rock RF to R side (4), recover weight to LF (&), cross RF over LF (5) step LF to L side (&), cross RF over LF
- 7-8 1/2 turn to the L and step LF forward (7) (6 O'clock), 1/4 turn to the L and step RF to R side (8) (3 O'clock)

Cross, 1/4 turn R, Step, Mambo, Coaster, 1/2 turn R, 1/2 turn R

- 1&2 Cross LF behind RF (1), 1/4 turn R and step RF forward (&) (6 O'clock), Step LF forward (2)
- 3&4 Rock RF forward (3), recover weight back to LF (&) step RF back (4)
- 5&6 Step LF back (5), step RF next to LF (&), step LF forward (6)
- 7-8 1/2 turn to the R and step RF forward (7)(12 O'clock), 1/2 turn to the R and step LF back (8) (6 O'clock)

Back, Lock, Back, 1/4 turn, Step, Point, 1/4 turn, 1/2 turn, 1/4 turn triple

- 1&2 Step RF back (1), cross LF over RF (&) step RF back (2)
- 3-4 1/4 turn L and step LF to L side (3) (3 O'clock), point R toe to R side (4)
- 5-6 1/4 turn R and step RF forward (5) (6 O'clock), 1/2 turn R and step LF back (6) (12 O'clock)
- 7&8 1/4 turn R and step RF to R side (7) (3 O'clock), step LF next to RF (&), step RF to R side (8)

Syncopated rocks, 1/2 pivot R, 1/2 turn R, 1/2 turn R triple, Step

- 1-2& Rock LF over RF (1), recover weight to RF (2), step LF to L side (&)
- 3-4& Rock RF over LF (1), recover weight to LF (2), step RF to R side (&)
- 5-6 Step LF forward (5), pivot 1/2 turn R placing weight on RF (6) (9 O'clock)
- 7-8& 1/2 turn R and step LF back (7) (3 O'clock), 1/2 turn R and step RF forward (8) (9 O'clock), step LF next to RF (&)

Repeat!!

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