Diggin'

墙数:4

级数: Intermediate



拍数: 32 编舞者: Amy Glass (USA) - June 2018

音乐: Diggin' - Kovacs : (3:23)

#32 Count Intro. 4 Count Tag at the end of wall 2 (facing 6:00) Restart wall 5 after 16 counts

[1-8] Look, Recover ¼ R, Rock Recover Cross, Syncopated Jazz Box w/ ¼ R, into Weave 1-2 Take weight on LF looking ¼ L and point RF to R, Recover weight on RF turning ¼ R (3:00) 3&4 Rock LF to L, Recover weight on RF, Cross LF over RF Cross RF over LF w/ 1/4 R, Step back on LF, RF to R, Cross LF over RF (6:00) 5&6& Step RF to R, Cross LF behind RF, RF to R, Cross LF over RF 7&8& [9-16] Dip, Recover, Behind, ¼, Fwd, Touch & Touch & Kick and Point, Close 1-2 Shift weight to R while bending at the knees, Recover weight to LF (Make a counter-clockwise circle with the back side, dropping down, then back up) 3&4 Step RF behind LF, Turn 1/4 L while stepping fwd on LF, Step fwd on RF (3:00) Touch LF in front of RF, Step together, Touch RF in front of LF, Step together 5&6& Kick LF fwd, Step LF next to RF, Point RF to R while turning ¼ L, Close RF next to LF 7&8& **Restart here on wall 5 [17-24] Press, Recover ¼, Coaster, Hip Bump Fwd (Press), Back In In, Fwd Out Out Press LF to L, Recover weight on RF while turning 1/4 L (9:00) 1-2 3&4 Step back on LF, Step RF next to LF, Step LF fwd 5&6 Touch R toe fwd while bumping hip R, L, Press fwd on RF Hop back on LF, Close RF next to LF, Hop fwd stepping out on LF, RF &7&8 [25-32] Ball Cross, Hold, Ball Cross, Hold, Ball Cross Behind, Side Rock Cross Back x2 Step on the ball of the LF. Cross RF over LF &1 2 Hold [option: shoulder shrugs with arms at sides: Shrug L up/R down (&), Shrug R up/L down (2)] &3 Step on the ball of the LF, Cross RF over LF 4 Hold [option: shoulder shrugs with arms at sides: Shrug L up/R down (&), Shrug R up/L down (4)] Step on the ball of the LF, Cross RF behind LF &5 (Styling: bend knees to take the weight in the R leg) 6&7 Rock LF to L, Recover weight on RF, Cross LF behind RF &8& Rock RF to R, Recover weight on LF, Cross RF behind LF Tag: 4 Counts Following wall 2 facing 6:00 [1-4] Look, Recover x2 1-2 Take weight on LF looking 1/4 L and point RF to R, Recover weight on RF 3-4 Take weight on LF looking 1/4 L and point RF to R, Recover weight on RF Restart: Wall 5 after 16 counts facing 12:00

Contact: amyleeanne@gmail.com