Nobody's Perfect



拍数: 32 编数: 2 级数: Intermediate 编舞者: Dee Musk (UK) & Esmeralda van de Pol (NL) - October 2018

音乐: Perfect - Alexandra Burke



Intro - 16 counts

BASIC NIGHTCLUB R, 1/4 TURN R, FULL CIRCULAR TRIPPLE TURN R, CROSS, 1/4 TURN L, SWAY, CROSS

1-2& Step RF to R side, Step LF behind RF, Cross RF over LF

3 1/4 turn R-Step L back 03.00

4&5 ½ turn R-step RF fwd, Step LF slightly fwd, ½ turn R-step RF fwd and sweep LF in front of

RF 03.00

Note for the circular turn, this one is not on the spot

6& Cross LF over RF, ¼ turn L-step RF back 12.00

7-8& Sway L, Sway R, Sway L

1 Cross RF over LF, sweep LF in front of RF in R diagonal 01.30

RUN FWD, PIVOT ½ TURN, CROSS, 1/8 TURN L LUNGE, FULL TURN L, BACK ROCK, RECOVER

2& Step LF fwd, Step RF fwd

3-4 Step LF fwd, ½ turn R-weight on RF 07.30

&5 Cross LF over RF, Lunge to R side-weight on RF (turn back to 06.00) 06.00

6&7 Recover weight on LF with ¼ turn L-LF forward, ½ turn L-step RF back, ¼ turn L-step LF to L

side 06.00

8& Rock RF behind LF, Recover weight on LF

1/4 TURN R SWEEP, CROSS, TAP, BACK, BEHIND, SIDE, CROSS, 1/4 TURN L, 1/2 TURN L, FWD ROCK, 1/2 TURN R, FWD STEP WITH 3/4 SPIRAL TURN R

1	¼ turn R-	· step RF fwo	l and sweep	LF in fron	t of RF 09.00
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2&3 Cross LF over RF, Tap RF behind LF, Step RF back and sweep LF to back

4&5 Step LF behind RF, Step RF to R side, Cross LF over RF

6& ¼ turn L-step RF back, ½ turn L-step LF 12.00

7-8& Rock RF fwd, Recover weight on LF, ½ turn R-step RF fwd 06.00

1 Step LF fwd make ¾ spiral turn R sweep RF to back 03.00

BACK ROCK, POINT, R COASTER STEP, STEP FWD, ½ TURN L, ¼ TURN L IN SIDE ROCK, RECOVER, CROSS

2&3 Rock RF behind LF, Recover weight on LF, Point RF to R side

4&5 Step RF back, Step LF next to RF, Step RF fwd

6&7 Step LF fwd, ½ turn L step RF back, ¼ turn L rock LF to L side 06.00

8& Recover weight on RF, Cross LF over RF

Restart in the 3rd wall after 16& counts

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^{***}Restart here at wall 3