No New Friends

拍数: 32

级数: Improver

编舞者: Aline Morel (FR) - November 2019

音乐: No New Friends (feat. Sia, Diplo & Labrinth) - LSD

Intro: 16 counts

Sec 1 : POINT R SIDE, TOUCH, POINT R SIDE , POINT BACK, KICK BALL CROSS, LONG STEP R SIDE, DRAG, KNEE POP X2 (ON THE SPOT)

- 1&2& Point RF to R side, Touch RF next to LF, point RF to R side, point RF behind LF
- 3&4 Kick RF forward into R diagonal, ball RF next to LF, cross LF over RF
- 5-6 Long step RF to R side, drag LF toward RF
- 7-8 Take weight on LF as you pop RF knee forward, take weight on RF as you pop LF knee forward

Sec 2 : OUT, OUT, HOLD, JUMP IN WITH CLAP, R PADDLE ½ TURN L

- Step LF to L side throwing L hand to L side (palm up) Step RF to R side throwing R hand to 1-2 R side (palm up)
- 3-4 Hold, Jump both feet together with clap (weight must end on LF)

Option : 3&4 JUMP IN-OUT-IN

Jump both feet together, jump both feet apart, jump both feet together

- Make 1/8 turn L pushing RF to R side, recover on LF, Make 1/8 turn L pushing RF to R side, 5&6& recover on LF (9H)
- 7&8& Make 1/8 turn L pushing RF to R side, recover on LF, Make 1/8 turn L pushing RF to R side, recover on LF (6H)

Sec 3 : CROSS SAMBA R, CROSS SAMBA L, JAZZ BOX 1/4 TURN R

- 1&2 Cross RF over LF, rock LF to L side, recover weight on RF
- 3&4 Cross LF over RF, rock RF to R side, recover weight on LF
- 5-6-7-8 Cross RF over LF, 1/4 turn R step LF back (9H), step RF to R side, step LF forward

Sec 4 : BALL ROCK STEP FWD, RECOVER, OUT, OUT, HOLD, SWIVEL IN TOES-HEELS-TOES, SNAKE L, TOUCH

- &1-2 Step RF next to LF, rock LF forward, recover weight on RF
- &3-4 Step LF back to L diagonal, step RF to R side, hold
- 5&6 Swivel both toes in, Swivel both heels in, swivel both toes in (take weight on RF)
- 7-8 Step LF to L side with snake to L, touch RF next to LF

Contact : aline.linedance@gmail.com





墙数:4