

编舞者: Foo Sally (MY) - March 2020

音乐: Halo - Beyoncé: (Album: Legendado)



INTRO: EASY APPROACH (OUT,OUT IN,IN) X 4, (SWAY). OR FACING BACKWARD RF STEP FORWARD

PIVOT ½ TURN ,RF STEP NEXT TO LF.LF STEP IN PLACE. V STEP X 3 ,RF & LF ,KNEE POP.

BEGIN DANCE AT VOCAL. Dance sequence: AAB AAC AABC A Tag ABC

SESSION A : 16c: (SKATE R & L) X 2 . RF SAILOR, RECOVER. LF SAILOR , RECOVER. WALK FORWARD R, L. MAMBO RF TO RIGHT SIDE , RECOVER .MAMBO LF TO LEFT SIDE, RECOVER. RF STEP FORWARD PIVOT $\frac{1}{2}$ TURN LEFT.

1, 2, 3, 4. Skate forward RF, LF, RF, LF.

5 & 6, 7 & 8 RF cross rock behind ,recover. LF cross rock behind recover.

1 – 2 Walk forward RF, LF

3 & 4 RF mambo to right,recover next to LF.
5 & 6 LF mambo to left, recover next to RF.
7 & 8 RF step forward, pivot 1/2 turn L.

SESSION B: 8c: (RF SLIDE DIAGONALLY RIGHT. LF STEP NEXT TO RF. R KNEE POP, L KNEE POP, LF SLIDE DIAGONALLY LEFT. RF STEP NEXT TO LF. L KNEE POP, R KNEE POP)X 2

1&2& ,3&4& RF slide diagonally to right. LF step next to RF. R knee pop, L knee pop 5&6&, 7&8& LF slide diagonally to Left. RF step next to LF. L knee pop, R knee pop

SESSION C: 26c: (R HIP BUMP, L HIP BUMP) TWICE, BODY ROLL TO RIGHT. RF,LF,RF STEP BACK HOLD. (RF & LF KNEE HITCH ALTERNATELY, X 2) RF, LF POP.

1 - 4 RF step forward with hip bump

5 - 8 LF step forward hip bump - Repeat R & L Hip bump.

1 – 4 Body roll to the right

5 – 8 RF step back (5) ,LF step back (6) ,RF step back hold . (7-8)

1 – 4 RF hitch recover(1- 2), LF hitch recover(3 -4) 5 - 8 RF hitch recover(5- 6), LF hitch recover(7 -8)

1 - 2 RF pop, LF pop.

TAG: 8c: RF STEP TOGETHER NEXT TO LF. RF STEP FORWARD, LF STEP NEXT TO RF, HOLD, RUNNING STEP FORWARD.

1, 2,3 RF step together next to LF. RF big step forward ,LF step next to RF.

4 Hold

5 – 8 Quick step forward RF,LF,RF,LF

END DANCING AT C ENDING WITH BODY ROLL AND STEP BACK RF,LF. POST. (22 c)

Contact: wchengfong @yahoo.com / Sallywcfong@Gmail.com. HAPPY DANCING Last Update - 2 Sept 2020