Mugshot

5 - 6

7 - 8

3 - 4

7 - 8

5 - 6

4 &

5 - 6

7 - 8

3 - 4

5 - 6

7 - 8



拍数: 72 墙数: 2 级数: Phrased High Intermediate 编舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - December 2020 音乐: Secrets - Regard & RAYE : (Clean Version) Sequence: A - A - B - A - A - A - B - A - B Intro: 32 counts, approx. 16 seconds, starting on the first heavy beat. Sect - A1: Ball. Point. Cross. Quick Side Rock. Cross. ¼ L. Side. Point. ¼ R. & 1 - 2 (&) Ball step back on LF. (1) Point to the right with RF. (2) Cross RF over LF. & 3 - 4 (&) Rock to the left on LF. (3) Recover on RF. (4) Cross LF over RF. (5) Turn 1/4 to the left, stepping back on RF. (6) Step to the left on LF. (7) Point to the right with RF. (8) Turn ¹/₄ to the right, placing weight on RF. Sect - A2: 7/8 Turn R with Low Kick. Ball. Rock Forward. Back with 1/8 Sweep/Hold. Behind. 1/4 L with Hitch/Hold. 1 - 2 & (1) Step forward on LF, starting to turn 7/8 on LF to the right, lifting R foot slightly off the ground and pointing out. (2) Finish turning 7/8, now facing the diagonal. (&) Ball step forward on RF. (3) Rock forward on LF. (4) Recover on RF. (5) Step back on LF, starting to sweep RF from back to front. (6) Turn 1/8 to the right, 5&6& finishing sweep with RF. (&) Step RF behind LF. (7) Turn ¼ to the left, stepping forward on LF, hitching R knee. (8) Hold, continue to hitch R knee. Sect - A3: Ball. Rock Forward. Shuffle 1/2 Turn. 1/2 L. 1/4 L with Sweep/Hold. Cross. Back. Side. & 1 - 2 (&) Ball step forward on RF. (1) Rock forward on LF. (2) Recover on RF. 3 & 4 Make a shuffle ¹/₂ turn, stepping (3) LF, (&) RF, (4) LF. (5) Turn ½ to the left, stepping back on RF. (6) Turn ¼ to the left, stepping to the left on LF and start to sweep RF from the side to the front. 7 - 8&1 (7) Finish sweeping RF. (8) Cross RF over LF. (&) Step slightly back on LF. (1) Step to the right on RF. Sect - A4: Hold. Ball-Side. Hold. Ball-Side. Touch. Walk Back L, R. 2&3 (2) Hold. (&) Ball step LF next to RF. (3) Step to the right on RF. (4) Hold. (&) Ball step LF next to RF. (5) Step to the right on RF. (6) Touch LF next to RF. (7) Step back on LF. (8) Step back on RF. Styling: If you want, you can fan your toes out when walking back on count 7, 8. Sect - B1: Back-Touch. Hold. Back-Touch. Hold. Ball. Point-And-Point. Ball. Step 1/2 Turn. & 1 - 2 (&) Step slightly back on LF. (1) Touch RF in front of LF. (2) Hold. & 3 - 4 (&) Step slightly back on RF. (3) Touch LF in front of RF. (4) Hold. (&) Ball step LF next to RF. (5) Point to the right with RF. (&) Close RF next to LF. (6) Point to & 5 & 6 the left with LF. & 7 - 8 (&) Close LF next to RF. (7) Step forward on RF. (8) Turn ½ to the left, placing weight on LF. Sect - B2: Shuffle Forward. Step with Sweep/Hold. Jazz Box Travelling Back with Cross. 1&2 Make a shuffle forward, stepping (1) RF, (&) LF, (2) RF. (3) Step forward on LF and start to sweep RF from back to front. (4) Finish sweeping RF. (5) Cross RF over LF. (6) Step back on LF. (7) Step diagonally back on RF. (8) Cross LF over RF.



Sect - B3: Back-Touch. Hold. Back-Touch. Hold. Ball. Point-And-Point. Ball. Step 1/2 Turn.

- & 1 2 (&) Step slightly back on RF. (1) Touch LF in front of RF. (2) Hold.
- & 3 4 (&) Step slightly back on LF. (3) Touch RF in front of LF. (4) Hold.
- & 5 & 6(&) Ball step RF next to LF. (5) Point to the left with LF. (&) Close LF next to RF. (6) Point to the right with RF.
- & 7 8 (&) Close RF next to LF. (7) Step forward on LF. (8) Turn ½ to the right, placing weight on RF.

Sect - B4: Shuffle Forward. Step with Sweep/Hold. Jazz Box Travelling Back.

- 1 & 2 Make a shuffle forward, stepping (1) LF, (&) RF, (2) LF.
- 3 4 (3) Step forward on RF and start to sweep LF from back to front. (4) Finish sweeping LF.
- 5 6 (5) Cross LF over RF. (6) Step back on RF.
- 7 8 (7) Step diagonally back on LF. (8) Cross RF over LF.

Sect - B5: Side with Drag/Hold. Ball. Cross. Side. Reversed Rocking Chair.

- 1 2 & (1) Take a big step to the left on LF and start dragging RF towards LF. (2) Finish dragging RF. (&) Ball step RF next to LF.
- 3 4 (3) Cross LF over RF. (4) Step to the right on RF.
- 5 6 (5) Rock back on LF. (6) Recover on RF.
- 7 8 (7) Rock forward on LF. (8) Recover on RF.

Have fun!