Countdown



拍数: 32 墙数: 4 级数: Improver

编舞者: Abby Cahill (USA) - November 2022 音乐: Turn Around (5,4,3,2,1) - Flo Rida



DANCE BEGINS 32 COUNTS AFTER MUSIC STARTS... AFTER THE WORDS, "LET'S GO"

[1-8] WIZARD STEPS, ROCK RECOVER, ¾ TURN TRIPLE STEP 12:00

1,2 &	Step forward R at an angle, Step/Slide L foot behind the right, Step R forward.
3,4 &	Step forward L at an angle, Step/Slide R foot behind the right, Step L forward.

5, 6 Rock forward R, Recover on L.

7 & 8 Step [in place] R making a ¾ turn over R shoulder

[9-16] STEP & CLAP, STEP & CLAP, ROCK RECOVER ½ TURN TRIPLE STEP 9:00

1, 2	Step forward L, Clap.
3, 4	Step forward R, Clap.

5, 6 Rock forward on L, recover on R.

7 & 8 Step L back, Step R to L while making a ½ turn over L shoulder, Step L forward.

[17-24] KICK BALL CHANGE x2, 1/4 TURN W/ HIP BUMP, 1/2 TURN W/ HIP BUMP 3:00

1 & 2	Kick R foot forward, Step down on R, Step L foot down in place next to R
3 & 4	Kick R foot forward, Step down on R, Step L foot down in place next to R
5 & 6	Turn ¼ left and step right to side and bump hips right, left, right (weight to right)
7 & 8	Turn ½ left and step left to side and bump hips left, right, left (weight to left)

TAG/RESTART: Wall 10 (starting at 9:00) / 24 counts in after hip bumps. Will face 3:00 wall - 4 count tag. TAG [1-4]

1, 2 Step R, step L

3, 4 Drop / body roll / hip bumps / spin, etc.

[25-32] SIDE, BEHIND, QUARTER TURN, ½ TURN PIVOT, ½ TURN, STEP, LEFT COASTER

1 2	Step R foot out to the R	Ctan I foot down	habind the D foot
1 /	Sieb k lool out to the k	. Sieb i lool down	bening the K tool

& 3, 4 ½ turn R stepping RF forward, step forward on LF, making ½ turn pivot (ending weight on

right)

5, 6 Step fwd on L making ½ turn R, step RF back (taking weight on R)

7 & 8 Step back on L, close R next to LF, step forward on LF 9:00

Add your own styling, there is a lot of room for it!

Last Update: 10 Mar 2023