It's a Trustfall, Baby

拍数: 32

级数: High Improver

编舞者: Tom Inge Soenju (NOR) - February 2023

墙数:4

音乐: TRUSTFALL - P!nk





Note: This dance has some step options to make it easier or a bit more challenging. Intro: 16 counts. Sequence: Repeating sequence. Tag/Restart: 1. 8C tag after wall 5. End: Dance as normal until music ends and turn to 12 o' clock and pose.

SECTION 1: SYNC SIDE ROCKS (R/L), ROCK-RECOVER, ½ R SHUFFLE TURN

- 1-2& Step (rock) RF to R side, Transfer weight onto LF, Step RF beside to LF
- 3-4& Step (rock) LF to L side, Transfer weight onto RF, Step LF beside to RF
- 5-6 Rock RF fwd, Transfer weight onto LF
- 7&8 1/4 R turn stepping RF to R side, Step LF next to RF, 1/4 R turn stepping RF fwd [06:00]

SECTION 2: FULL R TURN WITH SWEEP, BEHIND, SIDE, CROSS SHUFFLE

- 1-2-3-4 Step LF fwd, ½ R turn (weight on RF), ½ R turn stepping LF back, Sweep RF from front to back [06:00]
- 5-6 Step RF behind LF, Step LF beside RF
- Cross RF over LF, Step ball of LF next to RF, Cross RF over LF 7&8

(Easier Step Option: Change C1-3 with Rock LF fwd (1), Transfer weight onto RF (2), Step LF back (3)

SECTION 3: L SIDE ROCK-RECOVER, BEHIND, SIDE ROCK-RECOVER, SYNC JAZZ BOX CROSS

- Rock LF to L side, Transfer weight onto RF (Step RF down), Step LF behind RF 1-2-3
- 4-5-6 Rock RF to R side, Transfer weight onto LF (Step LF down), Cross RF over LF
- Step LF back, Step ball of RF next to LF, Cross LF over RF 7&8

(Step Option: Change C3-4 with a Full L turn: ½ L turn stepping LF to L side (3) [12:00], ½ L turn rocking RF to R side(4)[06:00]

SECTION 4: MODIFIED ¼ R MONTEREY TURN, JAZZ BOX CROSS

- Point RT to R side, ¼ R turn dragging RF beside LF (weight on RF) [09:00] 1-2
- 3&4 Point LT to L side, Step LF beside RF, Point RT to R side
- 5-6-7-8 Cross RF over LF, Step LF back, Step RF to R side, Cross LF over RF

TAG DO THE TAG AFTER WALL 5

SECTION 1: SYNC ROCK X4

- 1-2& Step (rock) RF to R side, Transfer weight onto LF, Step RF beside to LF
- 3-4& Step (rock) LF to L side, Transfer weight onto RF, Step LF beside to RF
- Rock RF fwd, Transfer weight onto LF, Step RF beside LF 5-6&
- 7-8& Rock LF fwd, Transfer weight onto RF, Step LF beside RF
- Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me: Mail: tom@soeniu.dance

Facebook (Tom Inge Sønju): www.facebook.com/tom.soenju

Website: www.soenju.dance