One Big Symphony

拍数: 32

级数: Beginner / Improver

编舞者: Steffie ROBERT (FR) - February 2023

音乐: Symphony - Imagine Dragons

Intro : 16 counts - * 1 restart after 16 counts wall 3

[1-8] STEP, TOUCH, STEP, TOUCH, R & L BACK STEPS, COASTER STEP LOCK STEP, STEP TURN

- 1& R Step forward to the R diagonal, Touch L next to R
- 2& L Step forward to the L diagonal, Touch R next to L
- 3-4 Step back on R & L (option for improvers : step back with WCS style)
- 5&6 R Coaster Step (Step back on R, Step L next to R, Step R forward)
- &7-8& Lock L behind R, Step R forward, Step L forward, ½ turn R (weight on R) 6:00

Style option for improvers : on 6&7, Step-lock-step with R shoulder up on counts 6 and 7 on walls 1 & 4 only

[9-16] ROCK FW, ROCK LEFT, CROSS, OUT OUT, CLAP CLAP, HIP BUMPS

- 1&2& Rock L forward, recover on R, Rock L to L, recover on R
- 3-4-5 Cross L behind R, Step R to R (Out), Step L to L (Out)
- (Option for improvers: Hip bump R on Out R & Hip bump L on Out L)
- &6-7-8 Clap Clap, hip bump to the R, hip bump to the L (Weight on L)
- * Restart here on the 3rd wall

[17-25] STEP, CROSSED MAMBO L, STEP TURN STEP, STEP, MAMBO G FW

- 1-2&3 Step R forward, Crossed Mambo L to the L (end L crossed in front of R)
- 4&5 Step Turn Step (Step R to R, ¼ turn L, Step R forward) 3:00
- 6-7 Step L & R forward (Option for improvers: full turn)
- 8&1 L Mambo forward (end the mambo with step L back)

[25-32] STEP-LOCK-STEP, POINT, ½ TURN LEFT, CLAP CLAP, BALL POINT, TOUCH

- 2&3 Step back on R, Lock L in front of R, Step back on R
- 4 Point L behind (As far as possible with straight legs),
- 5 1/2 turn L (Keep weight on R) and keeping ball of L foot forward with bent knee 9:00
- &6& Clap clap on the R next to the head, Step L next to R
- 7-8 Pointe R to the R, Touch R next to L

REPEAT & ENJOY YOUR DANCE

Convention : R = Right L = Left

Contact : iamsteffie3@yahoo.fr





墙数:4