Numb

拍数: 32	墙数: 1	级数: Intermediate

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音乐: Numb - Marshmello & Khalid

Begin after 16 count intro - NO TAGS - NO RESTARTS

[1´8] R walk and L, kick ball change R step L hell bounce ´2 / ¼ turn, cross L and together, upper body wave.

1-2	Right foot walk and left foot walk,
3-4	Kick ball step right, finish left forward
5-6 2	heel bounces or rebound and ¼ quarter turn to 3h00
&7-8	Cross left and together with upper body wave on the 8th count

[2´8] Press R and back together, press L and back together, kick ball change ¼ turn finish right and together to the side of the L foot and flick ¼ turn.

1-2	Press foot on the right diagonal and return together with your right foot,
3-4	Press foot on the left diagonal and return together with your left foot,
5&6	Right foot kick ball change ¼ turn, finished body weight on the right to 6h00
7-8	Bring the weight of the body to the side of the left foot on sixth and flick the left foot in a quarter turn ¼ on the 8th count to 9h00

[3´8] Rock L foot, sweep back L, pony step back L, step lock step R, step pivot ½ turn L step forward L

1-2	Rock Left foot,
3&4	Sweep back left with pony step back left,
5&6	With the right foot having to take a locking step
7&8	Take a step forward with the left foot pivot ½ turn and step forward with the left foot, body weight in front to 3h00

[4´8] step right side with hips from right to left, slide to the right and ¼ turn to L, point R and L and knee pop R and L

1-2	With the right foot take a step on the right side by swinging the hips from right to left, finish with body on the left
3-4	Take a big step to the right on 3h00 by sliding the left foot which joins the right foot backwards while making a ¼ turn on 12h00
5-6	Point the right foot and leg outstretched then to the left
7-8	Bring together doing a right and left knee pop.

Put your style on and have fun, show me how you do this one ;). Sabrina.

Association s'handi-rêve.