Ya So Amazin'

拍数: 32

级数: Easy Intermediate

编舞者: Liz Atkinson (USA) - February 2025

音乐: So Amazing - Outasight

#4 count introduction

No Restarts, 1 tag

S1: TOE STRUTS X2, CROSS, UNWIND, HEEL SPLITS X2

- 1, 2, 3, 4 [1]Place R toe fwd, [2]step on RF, [3]place L toe fwd, [4]step on LF
- 5, 6 [5]Cross RF over LF, [6]unwind 1/2L (6:00)
- &7 &8 [&]weight on balls of feet, split both heels out, [7]heels in, [&]heels out, [8]heels in

S2: MONTEREY 1/2R, CROSS MAMBO X2

- 1, 2 [1]Point RF to R side, [2]spin 1/2R placing weight on RF beside LF (12:00)
- 3, 4 [3]Point LF to L side, [4]step LF beside RF
- 5 & 6 [5]Cross rock RF over LF, [&]recover LF [6]step RF beside LF
- 7 & 8 [7]Cross rock LF over RF, [&]recover RF, [8]step LF beside RF

S3: 1/2L PIVOT X2, ROCK-RECOVER, TRIPLE 1/2R

- 1, 2 [1]Step RF fwd, [2]pivot 1/2L onto LF (6:00)
- 3, 4 [3]Step RF fwd, [4]pivot 1/2L onto LF (12:00)
- 5, 6 [5]Rock fwd onto RF, [6]recover LF
- 7 & 8 [7]1/4R step RF to R side, [&]close LF beside RF, [8]1/4R step RF fwd (6:00)

S4: 1/4L SIDE, HOLD, BALL-SIDE, KICK, BALL-CROSS, SIDE, COASTER STEP

- 1, 2 [1]1/4L step LF to L side, [2]hold (9:00)
- & 3, 4 [&]step ball of RF beside LF, [3]step LF to L side [4]kick RF to fwd diagonal
- &5, 6 [&]step ball of RF to R side, [5]cross LF over RF, [6]step RF to R side
- 7 & 8 [7]step LF back, [&]step RF beside LF, [8]step LF fwd

TAG: TOE STRUTS X2: AT END OF WALL 3 (3:00) 4 counts

1, 2, 3, 4 [1]Place R toe fwd, [2]step on RF, [3]place L toe fwd, [4]step on LF Begin the dance again, starting with 4 more counts of toe struts

Contact: info@LizAtkinsonDance.com Asheville, NC, USA





墙数:4