# Espresso



拍数: 64 编数: 4 级数: Phrased Improver

编舞者: Danielle Berger (USA), Lauren Foster (USA) & Lillia Schoegje (USA) - 18

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音乐: Espresso - Sabrina Carpenter



Tags: 0 Restarts: 1

Phrased Dance: ABB AB\* BB AAA\*\*

\*Restart after 8 counts
\*\*End at 16 counts

Link to tutorial video: https://youtu.be/fnHfZ8sblwU?si=cEiGfZD3EOGGE80E

Intro: 16 Count Intro

# "A" Part: Chorus 1

# Point Hitch Point, Kick Together Point, Half Turn Hitch, Double Hip Bump

1&2 L toe tap to left, L heel touching right knee, L toe tap to left
3&4 L kick out to front, L step next to R, R toe point to right

R step to right, L heel touching right knee and ¼ turn on R clockwise, L step next to R

7&8 Bump L hip to left, bump R hip to right, bump L hip to left

#### Sweep Half Turn, Sailor Step, Turning Shuffle, Turning Shuffle

| 1 2& | R sweep from right to cross over L, ½ turn over R shoulder (Transfer weight to R) |
|------|---|
| 3&4  | L step back on diagonal behind R, R step center, L step next to R                 |
| 5&6  | R step forward, L step in front of R with ½ counterclockwise turn, R step forward |

7&8 L step forward, R step in front of L with ½ counterclockwise turn, L step forward

#### Step Step, Hip Bump, Coaster, Quarter Backwards Shuffle, Slide

1 2 R step forward, L step forward

83 Bump left hip to left while putting weight on toes
485 L step backward, R step backward, L step forward

6&7 R step forward pivot ¼ turn counterclockwise, L step backward, R step backward

8 L slide to left

#### Heel Heel, Scissor Step, Step Hitch, Step Half Turn

1&2& R heel forward, R step back to center, L heel forward, L step back to center 3&4 R step to right, L step center in place, R step on diagonal in front of L

5 6 L step to left, R heel touch to left knee

7 8& R step to right, L ½ turn clockwise step to left (transfer weight on R)

#### "B" Part: Verse 1

### Behind Side Cross, Double Hip Bump, Behind Side Cross, Double Hip Bump

1&2 L step behind R, R step to right, L step in front of R

3 4 R hip bump to right, R hip bump to right

5&6 R step behind L, L step to left, R step in front of L

7 8 L hip bump to left, L hip bump to left

\*Restart wall 5 facing 12 o'clock (front) wall\*

# Pivot Half Turn, Two Step Turn, Rocking Chair, Step Quarter Turn

1 2 R step forward pivot ½ turn counterclockwise over left shoulder (weight on L)

R step forward ½ turn counterclockwise over left shoulder, L step forward ½ turn counterclockwise over left shoulder

R step forward with weight, recover weight to L, R step backward with weight, recover weight to L

R step forward into quarter turn over left shoulder

#### Jazz Box, Cross Shuffle, Side Rock Recover, Sailor Step

1&2 R step cross over L, L step backward, R step to the right
3&4 L step cross over R, R step in place (center), L step in place (crossed over R)
5 6 R step to the right with weight, recover weight to L
7&8 R step back on diagonal behind L, L step center, R toe touch next to L (weight on L)

## Sailor Step, Pivot Half Turn, Two-Step Half Turn, Coaster Step

L step back on diagonal behind R, R step center, L step next to R
 R step forward, pivot on R ½ turn counterclockwise
 R step forward ¼ turn counterclockwise, L step forward ¼ turn counterclockwise
 R step backward, L step backward, R step forward

Repeat Part B – Pre-Chorus 1 Repeat Part A – Chorus 2

Repeat Part B – Post-Chorus (Restart after full 8 count)

Repeat Part B – Verse 2
Repeat Part B – Pre-Chorus 2
Repeat Part A – Chorus 3
Repeat Part A – Bridge

Repeat Part A – Outro (Ends after full 16 counts)

Last Update: 19 Mar 2025