

Neutron Dance

拍数: 32 墙数: 4 级数: Beginner
编舞者: Aurora de Jong (USA) - April 2025
音乐: Neutron Dance - The Pointer Sisters



Dance starts after 32 counts
NO TAGS OR RESTARTS!

[Counts 1-8]: R side shuffle, L cross shuffle, R heel extension (2x), behind-side-cross

1&2 R side shuffle (body angled slightly at right diagonal): Step R to right (1), step ball of L to left (&), step R to right (2)
3&4 L cross shuffle (body angled slightly at right diagonal): Step L across R (3), step ball of R to right (&), step L across R (4)
5-6 Extend R heel to right diagonal (5), repeat (6)
7&8 Step R behind L (7), step ball of L to left (&), step R over L (8) (angle body slightly to left)

[Counts 9-16]: L side shuffle, R cross shuffle, L heel extension (2x), behind-side-forward

1&2 L side shuffle (body angled slightly to left diagonal): Step L to left (1), step ball of R to L (&), step L to left (2)
3&4 R cross shuffle (body angled slightly to left diagonal): Step R across L (3), step ball of L to left (&), step R across L (4)
5-6 Extend L heel to left diagonal (5), repeat (6)
7&8 Step L behind R (7), step ball of R to right (&), step L forward (8)

[Counts 17-24]: Charleston, R forward step-clap, L forward step-clap, R forward mambo

1-2 Kick R forward (1), step R back (2)
3-4 Touch or kick L back (3), step L forward (4)
5&6& Step R forward (5), clap (&), step L forward (6), clap (&)
7&8 Rock R forward (7), recover to L (&), step R to L (8)

[Counts 25-32]: L back step-clap, R back step-clap, L coaster step, R step-pivot ¼ left, R kick-ball-cross

1&2& Step L back (1), clap (&), step R back (2), clap (&)
3&4 Step L back (3), step R to L (&), step L forward (8)
5-6 Step R forward (5), pivot ¼ left putting weight to L (6)
7&8 Kick R foot to right diagonal (7), step ball of R to L (&), step L across R (body angled slightly to the right diagonal and ready to start the dance again!)