

Listen

拍数: 32
编舞者: Niels Poulsen (DK)
音乐: Listen - Beyoncé

墙数: 4

级数: Intermediate / Advanced nightclub



STEP FORWARD RIGHT, PENCIL TURN RIGHT ON RIGHT, BASIC LEFT, STEP RIGHT TO RIGHT SIDE, ¼ LEFT ON LEFT, CROSS RIGHT OVER LEFT, BASIC LEFT

1-2 Step right forward, pencil turn a full turn right (12:00)

Option: pirouette

3-4& Step left to side, step right behind left, cross left over right

5-6& Step right to side, turn ¼ left and step left slightly back, cross right over left (9:00)

7-8& Step left to side, step right behind left, cross left over right

POINT RIGHT TO RIGHT, 1 CHAINÉ TURN RIGHT, SIDE RIGHT, CROSS, SIDE, BACK, SWEEP RIGHT BEHIND LEFT, BEHIND TURN ¼ LEFT, ¼ LEFT INTO BASIC RIGHT

1 Point right to side

2&3 Turn ¼ right and step right forward, turn ¾ right and step left next to right, step right to side (9:00)

4&5 Cross left over right, step right to side, step left slightly back

6&7 Sweep/step right behind left, turn ¼ left and step left forward, turn ¼ left and step right to side (3:00)

8& Step left behind right, cross right over left (9:00)

Turning option for counts 2-5: 3 chainé full turns, sweep right behind left

2&3& Turn ¼ right and step right forward, turn ¾ right and step left next to right, turn ¼ right and step right forward, turn ¾ right and step left next to right

4&5 Turn ¼ right and step right forward, turn ¾ right and step left next to right, sweep/step right behind left

SIDE LEFT, ½ RIGHT WALKING FORWARD RIGHT LEFT, ROCK FORWARD RIGHT, STEP BACK RIGHT, ½ LEFT ON LEFT, SWEEP CROSS, BACK LEFT, ½ RIGHT ON RIGHT, SWEEP CROSS, SPIRAL TURN RIGHT

1-2& Step left to side, turn ½ right and step right forward, step left forward (9:00)

3-4& Rock right forward, recover to left, step right back

5-6& Turn ½ left and step left forward, sweep/step right across left, step left back (3:00)

7-8& Turn ½ right and step right forward, sweep/step left across right, spiral turn a full turn right (9:00)

SWEEP, BEHIND, ¼ LEFT, CURVY WALKS WITH ¼ LEFT, LIFT LEFT LEG, BACK BACK ½ LEFT, ROCK

1-2& Sweep right from front to back, step right behind left, turn ¼ left and step left forward (6:00)

3-4& Turn 1/8 left and step right forward, turn 1/8 left and step left forward, step right forward (3:00)

5-6& Hitch left knee, step left back, step right back

7-8& Turn ½ left and step left forward, step right to side, step left slightly back (9:00)

REPEAT

RESTART

On 3rd wall, after count 8 (facing 3:00), turn an extra ¼ right on count 1 to restart dance towards 6:00

TAG

On 5th wall after count 32 (facing 12:00), add the following steps:

BASIC RIGHT, SIDE LEFT, ROCK BACK RIGHT

1-2& Step right to side, step left behind right, cross right over left

3-4& Step left to side, rock right back, recover to left (12:00)
Restart dance
