

Numb

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dwight Meessen (NL) - October 2012
音乐: Numb - Usher



Start dancing from 39 seconds from the clip.

R Side, L Touch, L ¼ Monterey Turn(left), L Kick, L Ball, R Step, L Rock Forward, R Recover

- 1-2 Step R to Right side / Touch L next to R
- 3-4 Touch L to left side / step left by right while making ¼ turn left on ball of right (Facing 9 o'clock)
- 5&6 Kick forward with L / Step ball of left to left side (&) / Step R forward
- 7-8 Rock L forward / Recover weight on R

L Shuffle ½ Turn(left), R ½ Pivot Turn(left), R Kick, R Ball, L Step, R Rock Forward, L Recover

- 1&2 Step L ½ turn(left)back(Step L forward) / Step R next to L (&) / Step L forward (Facing 3 o'clock)
- 3-4 Step R forward / Pivot ½ turn Left (Facing 9 o'clock)
- 5&6 Kick forward with R / Step ball of right to right side (&) / Step L forward
- 7-8 Rock forward on Right / Recover weight on L

Restart wall 2(facing 9 o'clock) Restart dance from beginning at this point

Restart wall 6(Facing 9 o'clock) Restart dance from beginning at this point

R ½ Step(right),L Lock, R Step, L Step, R Lock, L Step, R Touch Right , R Touch, R Rock Back, L Recover

- 1&2 Step R ½ turn(right)back(Step R forward) / Lock L behind R (&) / Step R forward (Facing 3 o'clock)
- 3&4 Step L forward / Lock R behind L (&) / Step L forward
- 5-6 Touch R to right side / Touch R next to L
- 7-8 Rock back on R / Recover weight on L

R Rock Forward, L Recover, R ½ Turn Right, L Step forward, R ½ Turn Left, L ½ Turn Left, R ¼ Pivot Turn Left

- 1-2 Rock forward on R / Recover weight on L
- 3-4 Step R ½ Turn(right)back(Step R forward) / Step forward on L (Facing 9 o'clock)
- 5-6 Step R ½ turn(left)back (Facing 3 o'clock) / Step L ½ turn (left)forward (Facing 9 o'clock)
- 7-8 Step forward on R / Pivot ¼ turn Left (Facing 6 o'clock)

R Cross, L Side, R Sailor with heel touch, L Cross, R Side, L Sailor with heel touch,

- 1-2 Cross R over L / Step L to left side
- 3&4 Cross R behind L / Step L next to R (&) / Touch R heel to right diagonal
- &5-6 Step R in place (&) / Cross L over R / Step R to right side
- 7&8 Cross L behind R / Step R next to L (&) / Touch L heel to left diagonal

L ball, R Cross, L ¼ Turn Right, R Shuffle Back, L Rock Back, Recover, L Shuffle Forward

- &1-2 Step L in place on ball (&) / Cross R over L / Step ¼ turn (right) on L (Facing 9 o'clock)
- 3&4 Step R behind / Step L next to R (&) / Step R behind
- 5-6 Rock back on L / Recover weight on R
- 7&8 Step forward on L / Step R next to L (&) / Step forward on L

R Step Forward, L ½ Turn Right, R Shuffle Back, L Rock Back, Recover, L Rock Forward, Recover

- 1-2 Step forward on R / Step L ½ turn(right) back (Facing 3 o'clock)
- 3&4 Step back on Right / Step L next to R (&) / Step back on Right
- 5-6 Rock back on L / Recover weight on R

7-8 Rock forward on L / Recover weight on R

Step L to Left, Touch, Step R to Right, Touch, L Coaster Step, R Pivot ½ Turn Left

1-2 Step L to left side / Touch R next to L

3-4 Step R to right side / Touch L next to R

5&6 Step back on Left / Step R next to L (&) / Step forward on Left

7-8 Step forward on Right / Pivot ½ turn left (Facing 9 o'clock)

Restarts:-

One Restart during wall 2, after count 16

One Restart during wall 6, after count 16

Contact - Email: dwma-dance@hotmail.com

Happy Dancing Always!!!
