

# Focus

拍數: 64      牆數: 2      級數: Phrased Intermediate  
編舞者: Michael Metzger (USA) - December 2015  
音樂: Focus - Ariana Grande



Seq: A, B, A, A, B, A, Tag1 , A, B, Tag2, A, A

## Section A – 32 counts

### A[1-8] Kick Ball Step, Rock, Recover, Step Back with Shoulder Pops, Shuffle Back, Coaster

- 1&2      Kick R forward, Step R down, Step L forward  
3&3&4      Rock R forward, Recover L back, Pop right shoulder up and left shoulder down while hitching R next to left knee, Step R back and pop left shoulder up and right shoulder down  
5&6      Shuffle back L, R, L  
7&8      Step R back, Step L together, Step R forward

### A[9-16] Skater Step x4, Pivot Turn, Double Time Pivot Turn with ¼ Turn and Point

- 1, 2      Slide L forward and to the left, Slide R forward and to the right  
3, 4      Slide L forward and to the left, Slide R forward and to the right  
5, 6      Step forward on L, Pivot ½ to right and shift weight to R (6:00)  
7&8      Step forward on L, Pivot ½ to right and shift weight to R (12:00), Turn ¼ to right and point L to the side (3:00)

### A[17-24] Cross, Back, Together, Cross, Back, ¼ Turn, ¼ Turn, Side Rock, Recover, Cross, Side, Behind, Side, Heel Touch

- 1&2      Cross L over R, Step R back, Step L together  
3&3&4      Cross R over L, Step L back, Turn ¼ right and step R to side (6:00), Turn ¼ right and step L forward (9:00)  
5&6      Rock R to side, Recover to L, Cross R over L  
3&7&8      Step L to side, Cross R behind L, Step L to side, Tap R heel to side and slightly forward

### A[25-32] Step Together, Cross, Side, ¼ Turn left and Cross, Step Back, Coaster Step, Spin Forward

- 1, 2      Bring R in and step together, Cross L over R  
3&4      Step R to side, Turn ¼ left and cross L over R (lock step) (6:00), Step R back  
5&6      Step L back, Step R together, Step L forward  
7, 8      Turn ½ left and step R back (12:00), Turn ½ left and step L forward (6:00) (This is a good place for double or triple spins.)

## Section B – 32 counts

### B[1-8] Rock, Recover, Step Back with ¼ Turn and Sweep, Behind Side Cross, Point, Cross, Point

- 1, 2      Rock R forward, Recover back on L  
3      Step back on R with ¼ turn left and sweep L foot around (9:00)  
4&5      Cross L behind R, Step R to side, Cross L over R  
6, 7, 8      Point R to side, Cross R over L, Point L to side

### B[9-16] Rock, Recover, Step Back with ¼ Turn and Sweep, Behind Side Cross, Point, Cross, Point

- 1, 2      Rock L forward, Recover back on R  
3      Step back on L with ¼ turn right and sweep R foot around (12:00)  
4&5      Cross R behind L, Step L to side, Cross R over L  
6, 7, 8      Point L to side, Cross L over R, Point R to side

### B[17-24] Rock, Recover, ½ Turn Shuffle Step, Step Forward, Touch Forward on Diagonal, Step Back, Touch Back on Diagonal

- 1, 2      Rock forward on R, Recover back on L

3&4            ¼ Turn right and step R to side (3:00), Step L together, ¼ Turn right and step R forward (6:00)  
5, 6            Step L forward, Touch R heel forward and slightly to the right  
7, 8            Step R back, Touch L toe back and slightly to the left

**B[25-32] Cross, Side, Behind Side Cross, Side Rock, Recover, Behind, Side, Point Across With Fingers Pointing at Toe!**

1, 2            Cross L over R, Step R to side  
3&4            Cross L behind R, Step R to side, Cross L over R  
5, 6            Rock R to side, Recover to L  
7&8            Cross R behind L, Step L to side, Point R toe across L while pointing with both hands at your R toe

**Tag 1 (when Ariana Grande says, "1, 2, 3...")**

**Jazz box**

1, 2            Cross R over L, Step L Back  
3, 4            Step R back, Step L forward

**Tag 2 (when Ariana Grande hits her high note!)**

**Step to Side, Point Cross Behind, Step to Side, Point Across With Fingers Pointing at Toe**

1, 2            Step R to side, Cross point L behind R  
3, 4            Step L to side, Point R toe across L while pointing with both hands at your R toe

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**Last Update – 17th Jan. 2016**

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