

拍數: 64 牆數: 4 級數: Phrased Intermediate

編舞者: Martine Canonne (FR) - April 2016 音樂: Fix - Chris Lane: (Album: Fix - 2015)



Start: 16 counts after lyric

Phrased: ABB-ABB-AA*** (Restart 16 counts)-BB

Partie A - 32 counts

SA1: □SIDE ROCK, CROSS&CROSS, SIDE ROCK, BEHIND-SIDE-STEP.

1 – 2 RF to Right side, Recover weight on Left foot

3&4 Cross RF over LF, Step LF to Left side, Cross RF over Left.

5 – 6 LF to Left side, Recover weight on RF.

7&8 Cross LF behind RF, Step RF to Right side, Step LF Forward.

SA2: DWALK RIGHT & LEFT, TRIPLE STEP FORWARD, ROCK STEP, TRIPLE FULL TURN LEFT

1 – 2 Walk RF, walk LF

3&4 Step RF forward, step LF next to right, step RF forward

5 – 6 Step LF forward, recover weight on RF

7&8 Triple full turn left stepping R, L, R *** (Restart here) □Option easy : coaster step

SA3: □FORWARD ROCK STEP, FULL TURN RIGHT-BACK, ROCK BACK, STEP-LOCK-STEP.

1 – 2 RF forward, recover weight on LF.

3&4 Turn 1/2 turn Right stepping RF forward, Turn 1/2 turn Right stepping back on LF, RF back.

5 – 6 Step back on LF, recover weight on RF.

7&8 Step LF forward, Lock ball of RF behind LF, Step LF forward.

SA4: STEP % TURN LEFT, RIGHT SCISSOR STEP, SWAYS, LEFT SCISSOR STEP.

1-2 Step RF forward, 3/4 turn Left.

3&4 RF to right side, Close LF beside RF, Cross RF over LF.

5 – 6 LF to left side swaying left, Sway right.

7&8 LF to left side, Close RF beside LF, Cross LF over RF

Partie B - 32 counts

SB1: SIDE ROCK, TOGETHER, SIDE ROCK, TOGETHER, SIDE RIGHT, HOLD, RECOVER, TRIPLE 1/4 RIGHT

1- 2& RF to right side, recover weight on LF, together 3-4& LF to left side, recover weight on RF, together

5-6& RF to right side, hold, together

7&8 RF to right side, together, ¼ turn right stepping RF forward

SB2: TOGETHER, STEP. PIVOT ½ TURN RIGHT. TRIPLE ½ TURN RIGHT, ROCK STEP, COASTER CROSS

&1–2 Together (&), step RF fwd (1). ½ turn right and LF back

3&4 ½ turn with triple step R,L,R

5-6 Step LF forward, recover weight on RF

7&8 step LF back, step RF next to LF, cross LF over RF

SB3: SIDE. BEHIND. & HEEL JACK & HIP BUMPS X 2, & CROSS. 1/4 TURN RIGHT, TRIPLE SIDE.

1-2 RF to right side, Cross LF behind RF.

&3 RF to right side and slightly back. Dig Left heel diagonally forward Left.

&4 Hip bump L-R.

&5 – 6 Step LF next to right. Cross RF over LF. Turn 1/4 turn Right stepping back on LF.

7&8	triple side	right stepping	RF. L	F. RF.
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SB4:□TOGETHER, SIDE RIGHT, TOUCH OVER, SIDE LEFT, TOUCH OVER, SIDE RIGHT & HIP ROLL, SIDE LEFT & HIP ROLL

&1-2 too	ether. RF to ri	iaht side, touch	point LF over RF
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3-4 LF to left side, touch point RF over LF

5-6 RF to right side & start hip roll with ½ circle movement right (finish weight onto R)
7-8 LF to left side & start hip roll with ½ circle movement left (finish weight onto L)

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