All Night Anthem

級數: Intermediate

編舞者: Kayla Cosgrove (USA) - June 2016

音樂: Anthem - Thomas Rhett

Restart - Wall 3 - Back Wall

拍數: 32

S1: STOMP LIFT, STOMP LIFT, SISSCOR ¼, SIDE CROSS SIDE, HIPS

- 1&2& Stomp R to R(1) Lift L heel up behind R leg(&) Stomp L to L(2) Lift R heel up behind L leg(&)
- 3&4 Side rock R(3) Step L together(&) ¼ R crossing R over L(4)
- 5&6 Step L to L(5) Cross R over(&) Step L to L(6)
- 7&8 Bump Hips L(7) Push hips slightly back and R(&) Thrust hips fwd(8)(weight to R) Facing 3 o'clock

Optional hands/arms: As you bump hips L, cross R arm across body toward L hip, As you bump hips slightly back and to the R, cross L arm across body to R hip, As you thrust hips fwd uncross both arms, pulling them back to your sides

Restart happens here on wall 3 after 7&8, count 8 shift weight to L to start again

S2: 1/4 SAILOR HITCH, TOE AND HITCH MAKING ½ LEFT, STEP ½ LEFT, BEHIND SIDE ¼ LEFT

- 1&2
 1/4 L Stepping L behind R(1) Step R to R(&) Hitch L knee up opening to L angle 1/8(2)

 &3&4
 Step L down(&) Touch R toes to L heel making 1/8 L(3) Step R down making 1/4 L(&) Hitch L knee up(4)
- &5,6 Step L down(&) Step R fwd(5) ¹/₂ turn L shifting weight to L(6)
- 7&8 Step R behind L(7) Step L slightly out to L making 1/8 L(&) 1/8 L stepping R to R Facing 9 o'clock

S3: CROSS ROCK SIDE, KNEE IN OUT PUSH, JAZZ BOX ½, 1 ¼ RIGHT SWEAP

- 1&2 Cross rock L over R(1) Recover R(&) Step L to L(2) Feet a little wider than shoulder width apart
- 3&4 Drop R knee down and in towards L knee(3) Push R knee out putting weight on R(&) Push off R ft shifting weight to L(4) (This can be as big or small as you want it to be)
- 5&6 Cross R over L(5) Step L back making ¼ turn R(&) Step R fwd making ¼ turn R
- 7&8 Step L back making ½ turn right(7) Step R fwd making ½ turn right(&) Step L to L making ¼ turn to R as you sweep R foot around to back(8) Facing 6 o'clock

Easy option for turn:

7&8 Step L side making ¼ turn right(7) Cross R over L(7) Step L to L side(8)

S4: BEHIND SIDE CROSS, SIDE ROCK RECOVER FORWARD, POINT SIDE, MONTEREY ¾, FLICK

- 1&2 Step R behind L(1) Step L to L(&) Cross R over L(2)
- 3&4 Rock L to L(3) Recover to R(&) Step L forward and across R(4)
- 5&6 Point R toe to R side(5) Quickly step R in underneath you(&) Point L toes to L side(6)
- 7,8 Turn ³/₄ turn L on ball of R foot, dragging the L in(7) Step down on L and flick R foot back(8)

For extra fun you can really "hop" onto the L foot and flick the R





牆數:4