

Celebrities

拍數: 32 牆數: 4 級數: Improver
編舞者: EWS Winson (MY) - January 2017
音樂: Brave Honest Beautiful (feat. Meghan Trainor) - Fifth Harmony



Intro: □ 32 counts in (approx. 27 sec)

Note: □ The Tag on Wall 7 happens after 16 counts. Sec 3 & 4 of the Tag are the repeated steps of Sec 1 & 2 of the Tag.

#1 (1-8) □ R Modified Diamond ¼ (R), R-L Side Mambo □

- 1&2 Weight on LF: Cross RF over LF (1), turn 1/8 R stepping LF to L side (&), step RF back (2) □ 1.30
3&4 Cross LF behind RF (3), turn 1/8 R stepping RF to R side (&), cross LF over RF (4) □ 3.00
5&6 Rock RF to R side (5), recover weight on LF (&), close RF next to LF (6) □ 3.00
7&8 Rock LF to L side (7), recover weight on RF (&), close LF next to RF (8) □ 3.00

Optional: Shimmy both shoulders while executing the mambo steps

#2 (9-16) □ R-L Back Quick Touches, R Coaster Step, L Forward Shuffle □

- 1&1&2 Step RF back (&), touch L toes beside RF (1), step LF back (&), touch R toes beside LF (2) □ 3.00
3&3&4 Step RF back (&), touch L toes beside RF (3), step LF back (&), touch R toes beside LF (4) □ 3.00
5&6 Step RF back (5), close LF next to RF (&), step RF forward (6) □ 3.00
7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8) *** □ 3.00

#3 (17-24) □ R Side, L Together, R Side Chasse, L Side, R Together, L Side Chasse □

- 1-2 Step RF to R side (1), close LF beside RF (2) □ 3.00
3&4 Step RF to R side (3), close LF beside RF (&), step RF to R side (4) □ 3.00
5-6 Step LF to L side (5), close RF beside LF (6) □ 3.00
7&8 Step LF to L side (7), close RF beside LF (&), step LF to L side (8) □ 3.00

Optional: Use Cuban hips to execute these steps

#4 (25-32) □ R-L Vaudeville Steps, R Paddle ¼ (L) with Hips Rolled X2 □

- 1&2& Cross RF over LF (1), step LF to L side (&), touch R heel diagonally to R side (2), close RF next to LF (&) □ 3.00
3&4& Cross LF over RF (3), step RF to R side (&), touch L heel diagonally to L side (4), close LF next to RF (&) □ 3.00
5-8 Step RF forward (5), turn ¼ L rolling hips from L to R (6), step RF forward (7), turn ¼ L rolling hips from L to R (8) □ 9.00

Tag here on Wall 7. Begin the dance again facing 9.00 o'clock.

TS1: R-L Out & In Steps, R Cross Weave, L Low Hitch & Side Point

- 1-4 Step RF forward to R diagonal (1), step LF forward to L diagonal (2), step RF back in place (3), step LF back in place (4) – Shimmy both shoulders
5&6&7 Cross RF over LF (5), step LF to L side (&), cross RF behind LF (6), step LF to L side (&), cross RF over LF (7)
8&8 Lift up L knee at a low level beside RF (&), point L toes to L side (8)

TS2: L-R Cross Samba, L Volta ½ (L)

- 1&2 Cross LF over RF (1), rock RF to R side (&), recover weight on LF (2)
3&4 Cross RF over LF (3), rock LF to L side (&), recover weight on RF (4)
5&6& Turn 1/8 L stepping LF forward (5), lock RF behind L heel (&), turn 1/8 L stepping LF forward (6), lock RF behind L heel (&)

7&8 Turn 1/8 L stepping LF forward (7), lock RF behind L heel (&), turn 1/8 L stepping LF forward (8)

TS3: R-L Out & In Steps, R Cross Weave, L Low Hitch & Side Point

1-4 Step RF forward to R diagonal (1), step LF forward to L diagonal (2), step RF back in place (3), step LF back in place (4) – Shimmy both shoulders

5&6&7 Cross RF over LF (5), step LF to L side (&), cross RF behind LF (6), step LF to L side (&), cross RF over LF (7)

&8 Lift up L knee at a low level beside RF (&), point L toes to L side (8)

TS4: L-R Cross Samba, L Volta ½ (L)

1&2 Cross LF over RF (1), rock RF to R side (&), recover weight on LF (2)

3&4 Cross RF over LF (3), rock LF to L side (&), recover weight on RF (4)

5&6& Turn 1/8 L stepping LF forward (5), lock RF behind L heel (&), turn 1/8 L stepping LF forward (6), lock RF behind L heel (&)

7&8 Turn 1/8 L stepping LF forward (7), lock RF behind L heel (&), turn 1/8 L stepping LF forward (8)

Ending: At the end of Wall 9 you will be facing 3.00 o'clock, just turn your head to the left and look to the front, facing 12.00 o'clock.
