Slowly, Gently, Softly (SGS)

級數: Intermediate

編舞者: Gary O'Reilly (IRE) - April 2017

音樂: Despacito (feat. Justin Bieber) (Remix) - Luis Fonsi & Daddy Yankee



Section 1: Walk Fwd R, L Mambo Fwd, R Coaster Cross, L Side Rock Cross R Side Rock Cross,

Walk forward on R (1)

拍數: 32

1

- 2 & 3 Step forward on L (2), recover on R (&), step back on L (3)
- 4 & 5 Step back on R (4), step L next to R (&), cross R over L (5)
- 6 & 7 Rock L to L side (6), recover on R (&), cross L over R (7)
- & 8 & Rock R to R side (&), recover on L (8), cross R over L (&)

Section 2: L Side, Close Together, R Side, Close Together, ¼, Close Together, Touch & Heel &

- 1 2 & Step L to L side (1), step R next to L (2), step L in place (&)
- 3 4 & Step R to R side (3), step L next to R (4), step R in place (&)
- 5 6 & 1/4 R stepping L to L side (5), step R next to L (6), step L in place (&) [3:00]
- Touch R toe next to L (7), step R next to L (&), tap L heel slightly forward (8), step L next to R (&)

Section 3: R Cross, Back, Side, L Cross, Back, Together, Step Lock, Ball ¼, Ball ¼, Ball ¾

- 1 2 & Cross R over L (1), step back on L (2), step back on R on slight diagonal (&)
- 3 4 & Cross L over R (3), step back on R (4), step L next to R (&)
- 5 6 Step forward on R (5), lock L behind R (6)
- & 7 Step on ball of R next to L (&), ¼ L stepping forward on L (7) [12:00]
- & 8 Step on ball of R next to L (&), ¼ L stepping forward on L (8) [9:00]
- & 1 Step on ball of R next to L (&),3/8 L stepping forward on L while sweeping R around from back to front (1) [4:30]

Section 4: Cross Side Back, Behind Side, Fwd Rock &, Rock & Rock &

- 2 & 3 Cross R over L (2), ¹/₈ R stepping back on L (&), ¹/₈ R stepping R to R side (3) [7:30]
- 4&56 Step L behind R (4), 1/2 R stepping R to R side (&), 1/2 R rocking forward on L (5), recover on R (6) [10:30]
- & 1/8 L stepping L next to R (&) [9:00]
- 7 & Rock forward on R (7), recover on L (&) *(Wall 2 "Slowly, Gently, Softly")
- 8 & ¼ L rocking back on R (8), recover on L (&) [6:00]

*During Section 4 of wall 2, counts 7&8& (facing 3:00) SLOW down slightly with the music. It just takes a little bit of practice. Continue the dance as normal after these 2 counts.

Tag End of Wall 6 facing [12:00]

Push, Recover

1 2 Step forward on R while pushing hips forward onto R (1), recover on L (2)

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Last Update 15th June 2017





牆數:2