Baby DNCE With Me

級數: High Beginner

編舞者: Christopher Gonzalez (USA) - February 2018

音樂: Dance - DNCE

拍數: 24

Notes Special thanks go out to Megan Barsuglia, Shane McKeever, and Amy Bailey for their feedback at Big Bang Dance Classic 2018! ^_^

#16-count intro ::

[1-8] R Charleston, R Jazz Square w/ ¼ R Turn, 12:00

- 1, 2 Step R forward (1), kick (or touch) L forward (2) 12:00
- 3, 4 Step L back (3), touch R back (4) 12:00
- 5, 6 Turn ¹/₈ R and cross R over L (5), step L back (6) 1:30
- 7, 8 Turn 3/8 R and step R to side (7), cross L over R (8) 3:00

[9-16] R Side Step, Together, Knee pop, R side touch, R fwd touch, R side touch, R hitch, 3:00

- 1, 2 Big step R to side (1), hold* (2) 3:00
- 3&4 Close L together (3), bend both knees while lifting heels (&), lower heels and straighten legs while shifting weight to L (4) 3:00
- 5, 6 Touch R to side (5), touch R forward (6) 3:00
- 7, 8 Touch R to side (7), hitch R knee (8) 3:00

[17-24] R step back, L heel, L step back, R heel, R rock back, L recover, Walk R, Walk L 3:00

- 1, 2 Step R back (1), touch L heel forward (2) 3:00
- 3, 4 Step L back (3), touch R heel forward (4) 3:00
- 5, 6 Rock R back (5), recover L (6) 3:00
- 7, 8 Step R forward (7), step L forward (8) 3:00

Styling!

*9-10 Shoulder shimmles and booty shaking are highly encouraged!

Example 1: Push R shoulder forward and L shoulder back (1), push L shoulder forward and R shoulder back (&),

push R shoulder forward and L shoulder back (2), push shoulders down (3), shrug shoulders up (&), push shoulders down (4)

Example 2: Push R hip to side (1), push L hip to side (&), push R hip to side (2)

*11-12 Easier, non-syncopated option: Close L together (3), hold while shifting weight to L (4)

*&23& At 1:13, hit those knocks with a few quick runs! Step L slightly forward (&), step R slightly forward (7), step L slightly forward (&)

Claps! Throw in a clap or two when Mr. Jonas says "Clap your hands with me." As wherever else you would like. I like to clap.

If you're happy and you know it...

See you on the DNCE floor!

Contact - Email: linedancepodcast@gmail.com - Phone: (234) 738-3607

Music link - https://open.spotify.com/track/7BfSU2ya7PZtqrl48urKqG





牆數:4