

Selow

拍數: 64 牆數: 1 級數: Phrased High Beginner
編舞者: Mei Rizal (INA) - February 2019
音樂: Selow - Via Vallen



Intro 16 counts - Phrase A-B-C-C-Tag1-A-B-C-C-Tag2-C-C-C-C-C

A (32 Counts)

A1. BOX STEP, ROCKING, COASTER STEP

1&2 Step R to right side, step L together, step back on R
3&4 Step L to left side, step R together, step L forward
5&6 Rock R forward, recover on L, step back on R
7&8 Step back on L, step R next to L, step L forward

A2. VAUDEVILLES, ROCKING CHAIR, PIVOT ½ TURN, STEP FORWARD

1&2& Cross R over L, step L to left side, touch R heel forward to right diagonal, step R next to L
3&4& Cross L over R, step R to right side, touch L heel forward to left diagonal, step L next to R
5&6& Rock R forward, recover on L, rock R to back, recover on L
7&8 Step R forward, ½ turn left step on L, step R forward (6:00)

A3. BOX STEP, ROCKING, COASTER STEP

1&2 Step L to left side, step R together, step back on L
3&4 Step R to right side, step L together, step R forward
5&6 Rock L forward, recover on R, step back on L
7&8 Step back on R, step L next to R, step R forward

A4. VAUDEVILLES, ROCKING CHAIR, PIVOT ½ TURN, STEP FORWARD

1&2& Cross L over R, step R to right side, touch L heel forward to left diagonal, step L next to R
3&4& Cross R over L, step L to left side, touch R heel forward to right diagonal, step R next to L
5&6& Rock L forward, recover on R, rock L to back, recover on R
7&8 Step L forward, ½ turn right step on R, step L forward (12:00)

B (16 counts)

B1. BASIC NIGHTCLUB, BEHIND-SIDE-CROSS, RECOVER-SIDE-CROSS, RECOVER, STEP SIDE

1,2&3 Step R to right side, cross L behind R, recover on R, step L to left side
4&5 Cross R behind L, step L to left side, cross R over L
6&7 Recover on L, step R to right side, cross L over R
8& Recover on R, step L to left side

B2. PIVOT ¼ TURN X4

1,2 Step R forward, ¼ turn left recover on L
3-8 Repeat 1-2

C (16 Counts)

C1. DOUBLE STEP, SINGLE STEP

1&2& Step R to right side, step L together, step R to right side, touch L beside R
3&4& Step L to left side, touch R beside L, step R to right side, touch L beside R
5&6& Step L to left side, step R together, step L to left side, touch R beside L
7&8& Step R to right side, touch L beside R, step L to left side, touch R beside L

C2. ROCKING, TOUCH

1&2& Rock cross R over L, recover on L, Rock R to right side, recover on L
3&4 Rock R behind L, recover on L, step R to right side

5&6& Rock cross L over R, recover on R, rock L to left side, recover on R
7&8& Rock L behind R, recover on R, step L to left side, touch R beside L (12:00)

Tag 1 (16 counts)

TS1. STEP SIDE (DROP DOWN), TOGETHER, STEP FORWARD, TOGETHER

1,2 Step R to right dropping into a squat (left hand like pulling the door to the side), step R next to L
3,4 Step L to left dropping into a squat (right hand like pulling the door to the side), step L next to R
5,6 Step R forward (bend your knees) (left hand pressing elbow down in front of the chest), step R together
7,8 Step L forward (bend your knees) (right hand pressing elbow down in front of the chest), step L together

TS2. REPEATED LIKE No.1

Tag 2 (24 counts)

TS1&TS2 DO AS IN TAG 1

TS3. WALK AROUND

1-8 Walk around to the right (full turn)

Have FUN !!

Last Update – 16th Feb. 2019
