My Olivia

拍數: 48

級數: Newcomer / Novice WCS

編舞者: Magdalena Kreimel (AUT) - June 2019

音樂: Something Like Olivia - John Mayer

Walk 2x, Anchor Step, Back 2x, Coaster Step

- 1, 2 RF Step forward, LF Step forward
- 3 & 4 RF behind LF, recover on LF, recover on RF
- 5, 6 LF back, RF back
- 7 & 8 LF back, RF close next to LF, LF forward

R Hip Roll, Heel Grind, Step, 1/2 Turn, Sweep with Sailor Step

- 1 & 2 RF side Step, chance weight to the left hip, chance weight on the right hip
- 3 & 4 LF heel grind, RF Step to right, LF close to RF
- 5, 6 RF forward, LF forward with ½ turn sweep
- 7 & 8 RF behind LF, LF side Step, RF side Step

Walk 2x, Anchor Step, Back 2x, Coaster Step

- 1, 2 LF Step forward, RF Step forward
- 3 & 4 LF behind right, recover on RF, recover on LF
- 5, 6 RF back, LF back
- 7 & 8 RF back, LF close next to RF, RF forward

L Hip Roll, Heel Grind, Step, 1/2 Turn, Sweep with Sailor Step

- 1 & 2 weight to the left hip, right hip, left hip
- 3 & 4 RF heel grind, LF Step to left, RF close to LF
- 5, 6 LF forward, RF forward with ¹/₂ turn sweep
- 7 & 8 LF behind RF, RF side Step, LF side Step

Out, Out, In, Cross, Side Rock, Behind Side Cross, Side Rock

- & 1 & 2 RF out, LF out, RF in next to LF, LF cross over RF
- 3, 4 RF side Step, recover on LF
- 5 & 6 RF behind LF, LF next to RF, RF cross over LF
- 7, 8 LF side Step, recover on RF

1/2 Turn Chasse, Heel Grind, Rock Back, Coaster Step

- 1 & 2 ¹/₂ turn LF side Step, RF close to LF, LF side Step
- 3 & 4 RF heel grind, LF Step to left, RF close to LF
- 5, 6 LF forward, recover RF
- 7 & 8 LF back, RF close to LF, LF forward

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牆數:2