Hello Summer

拍數: 32

級數: High Beginner

編舞者: Liz Atkinson (USA) - May 2021

音樂: Hello Summer - Rameez

#16 count intro: Start on male vocals - No Restarts

S1: CROSS, SIDE, CROSS MAMBO (REPEAT OTHER SIDE)

- Cross RF over LF, step LF to L side 1.2
- 3 & 4 Cross rock RF over LF, recover onto LF, step RF beside LF
- 5, 6 Cross LF over RF, step RF to R side
- 7 & 8 Cross rock LF over RF, recover onto RF, step LF beside RF (12:00)

S2: SHUFFLE FWD, SHUFFLE FWD (CROSSING MIDLINE), FWD MAMBO, BACK, DRAG

- Shuffle fwd RF-LF-RF (just crossing the midline to 11:00) 1&2
- 3&4 Shuffle fwd LF-RF-LF (just crossing the midline to 1:00)
- 5&6 (square up to 12:00) Rock RF fwd, recover onto LF, step RF beside LF
- Step LF back, drag RF toward LF (12:00) 7,8

S3: ROCK BACK, RCVR, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RCVR, CROSS, HINGE 1/4R

- 1&2 Rock RF back, recover onto LF, step RF to R side
- 3 & 4 Step LF behind RF, step RF to R side, step LF over RF
- 5&6 Rock RF to R side, recover onto LF, cross RF over LF
- 7 & 8 Turning 1/4R step back on RF (3:00), step RF to R side, cross LF over RF (3:00)

S4: SWAY R-L, SAILOR STEP, SHUFFLE BACK, TOE BACK, TURN 1/4R

- Stepping RF to R side sway R, sway L 1, 2
- 3&4 Step RF behind LF, step LF to L side, step RF to R side
- 5&6 Shuffle back LF-RF-LF
- 7,8 Point RF back, turn 1/4 R keeping weight on LF (6:00)

*4 count tag at end of wall 2 (12:00)

JAZZ BOX: Cross RF over LF, step LF back, step RF to R side, step LF fwd

*Ending : Wall 7 (12:00) Dance the first 16 counts ending with "back, drag"... POSE!

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牆數:2