

Surface Pressure

拍數: 32 牆數: 4 級數: Improver
編舞者: Bente Lindtner (NOR) - February 2022
音樂: Surface Pressure - Jessica Darrow : (From Disney's Encanto)



[1-8]: Step points with hip rolls R and L. Out out, body roll

1, 2 Step RF R, roll hips to R while pointing LF left,
3, 4 Step LF L, roll hips to L while pointing RF right
&5,6 Step out on RF, Step out on LF, hold on 6
&7,8 Roll hips anti clockwise ending with weight planted on LF

[9-16]: Vaudeville R and L, walk $\frac{3}{4}$ turn Right

1&2& Cross RF over LF, step LF left, Point R heel diagonally right forward, step RF next to LF
3&4 Cross LF over RF, step RF right, Point L heel diagonally left forward, step LF next to RF
5,6,7,8 Turn $\frac{3}{4}$ over Right shoulder while walking RF, LF, RF, LF

(option for 5-8, small running steps 5&6: RLR, 7&8: LRL)

(Restart here on wall 6)

[17-24]: Rocking chair, Kick ball step, $\frac{1}{2}$ Paddle turn

1&2& Rock RF forward, recover on LF, Rock RF back, recover on LF
3&4 Kick RF forward, Step RF next to LF, Step LF forward
5&6& Turn $\frac{1}{8}$ R on ball of LF Pointing RF right, hitch right knee over LF, Turn $\frac{1}{8}$ R on ball of LF
Pointing RF right, hitch right knee over LF
7&8 Turn $\frac{1}{8}$ R on ball of LF Pointing RF right, hitch right knee over LF, Turn $\frac{1}{8}$ R on ball of LF
Pointing RF right

[25-32]: Cross sambas R and L, $\frac{1}{2}$ Jazz box

1&2 Cross RF over LF, step LF left, step RF slightly diagonally to right
3&4 Cross LF over RF, step RF right, step LF slightly diagonally to left
5,6 Cross RF over LF, step LF back
7,8 Turn $\frac{1}{2}$ right stepping RF forward

Restart wall 6: after 16 counts

Tag after wall 7: 1,2 Walk forward RF, LF