A Little Suave

級數: Improver

編舞者: Jessica Schwaninger (USA) - July 2022

牆數:2

音樂: Suave - Alvaro Estrella

ROCK RIGHT, RECOVER, TRIPLE IN PLACE, ROCK LEFT, RECOVER, TRIPLE IN PLACE

- 1-2 Rock R to R side, Recover on L
- 3&4 Triple in place R, L, R
- 5-6 Rock L to L side, Recover on R
- 7&8 Triple in place L, R, L

WALK, WALK, TRIPLE STEP, ROCK, RECOVER, STEP LOCK BACK

- 1-2 Walk forward R, L
- 3&4 Triple forward R, L R
- 5-6 Rock L forward, Recover R,
- 7&8 Step L back, cross R over L, step L back.

BACK TOUCH, BACK TOUCH, ROCK RECOVER, TRIPLE FORWARD

- 1-2 Step back on R opening up to R diagonal, Touch L beside R
- 3-4 Step back on L opening up to L diagonal, Touch R beside L
- 5-6 Rock R back, Recover on L
- 7&8 Triple forward R, L, R

STEP HALF TURN, TRIPLE, ROCK RECOVER, COASTER CROSS

- 1-2 Step forward on L, ¹/₂ Pivot turn to R shifting weight to R
- 3&4 Triple forward L, R, L
- 5-6 Rock R forward, Recover on L
- 7&8 Step back R, Step L next to R, Cross R over L

ROCK L SIDE, RECOVER, BEHIND AND CROSS, ROCK R SIDE, RECOVER, BEHIND AND CROSS

- 1-2 Rock L to L side, Recover on R
- 3&4 Step L behind R, R to R side, Cross L over R
- 5-6 Rock R to R side, Recover on L
- 7&8 Step R behind L, L to L side, Cross R over L

SYNCOPATED PRESS L R, TOUCH L HEEL TWIST, COASTER CROSS

- 1-2 & Press L forward, Recover on R, Step L next to R
- 3-4 & Press R forward, Recover on L, Step R next to L
- 5&6 Touch L toe forward, Twist L heel to L side while raising L hip, Recover to center
- 7&8 Step L back, R next to L, Cross L over R

RESTART: During Wall 3 Dance 8 counts and Restart Facing 12:00

This dance was inspired by Amund Storsveen's dance Suave. And was choreographed with his permission to use its likeness in the 5th set of 8. Thanks again!!





拍數: 48