The SINGLE Ladies

拍數: 32

級數: Improver

編舞者: Miske Findriani Paduli (INA) - August 2022

音樂: Single Ladies (Samba Rock Version by Thiago Corrèa) - Beyonce

Intro: 16C (Approx. 12 Sec) Restart after 31& of Wall 8 (facing 12:00) with step changed: Turn 1/4 R Touch R toe forward, touch R beside L

Section 1: Forward Mambo - Back Mambo - Cross Mambo - Chasse Turn 1/4 L

- 1&2 Step R forward, step L in place, close R together
- 3&4 Step L backward, step R in place, close L together
- 5&6 Step R to side, step L in place, cross R over L
- 7&8 Step L to side, step R together, turn 1/4 L step L forward (09:00)

Section 2: Botafogo RL - Modified K Step

- 1&2 Step R cross over L, step L ball to side, step R in place
- 3&4 Step L cross over R, step R ball to side, step L in place
- 5&6& Step R diagonal forward, touch L next to R, step L diagonal back, touch R next to L
- Step R diagonal back, touch L next to R, step L diagonal forward, touch R next to L (09:00) 7&8&

Section 3: Walk RL Turn 1/4 R - Shuffle Turn 1/4 R - Walk LR Turn 1/4 R - Shuffle Turn 1/4 R

- 1-2 Turn 1/8 R walk forward R, turn 1/8 R walk forward L (12:00)
- 3&4 Turn 1/8 R Step R forward, step L together, turn 1/8 R step R forward (03:00)
- 5-6 Turn 1/8 R walk forward L, turn 1/8 R walk forward R (06:00)
- 7&8 Turn 1/8 R Step L forward, step R together, turn 1/8 R step L forward (09:00)

Section 4: Diamond Turn 1/4 R with Hitch - Syncopated Toe Touches Turn 1/4 R

- Cross R over L, step L to side, turn 1/8 R step R back, hitch L 1&2&
- 3&4 Step L back, turn 1/8 R step R to side, step L forward
- 5&6& Touch R toe forward, heel R down, touch L toe forward, heel L down
- Turn 1/4 R Touch R toe forward, heel R down, touch L toe forward, heel L down (03:00) 7&8&

Thank you





牆數:4