POSE and LIVE

拍數: 64

級數: Intermediate

編舞者: Dwight Meessen (NL) - March 2023

音樂: Children - Billy Porter

| Walk, Walk | , Shuffle Fwd, Point & Point, Reverse ½ Pivot Turn Right, Hook |
|--------------|--|
| 1-2 | RF walk, LF walk |
| 3&4 | RF step forward, LF step beside RF, RF step forward |
| 5&6 | LF point forward, LF step beside RF, RF point back |
| 7-8 | R+L ½ turn right step RF forward (weight on LF), RF hook across LF [6] |
| *Option cou | unt 8: snap your fingers with both hands above your shoulders and turn your head to the left |
| Walk, Walk | , Shuffle Fwd, Point & Point, Pose |
| 1-2 | RF walk, LF walk |
| 3&4 | RF step forward, LF step beside RF, RF step forward |
| 5&6 | LF point to left side, LF step beside RF, RF point to right side |
| &7-8 | RF step beside LF, LF point to left side, Bring your hands (inside out) to your eyes and spread them out |
| Rolling Vine | e into Chasse Left, Cross, Behind, Ball, Cross Shuffle |
| 1-2 | LF step ¼ turn left forward, RF step ½ turn left back |
| 3&4 | LF step ¼ turn left, RF step beside LF, LF step to left side |
| 5-6 | RF cross over LF, LF step back |
| &7&8 | RF step beside LF, LF cross over RF, RF step to right side, LF cross over RF |
| Side (hand | up), Side (hand up), Rain Motion Down, Snap Left Right, Circular Motion, ¼ L Flick |
| 1-2 | RF step to right side (raise right arm up and spread hand), LF step to left side (raise left arm up and spread hand) |
| 3-4 | Bring both hands down and make a rain motion |
| 5-6 | Snap your right fingers over your left shoulder, Snap your right fingers over your right shoulder |
| 7-8 | Bring your right hand in front of your left shoulder and make a circular motion, LF step ¼ turn left and flick your RF [3] |
| *Option cou | unt 8: move your head to the right |
| Pivot ½ L, I | Pivot ℁ L, Camel Walk x4 Fwd |
| 1-2 | RF step forward, R+L ½ turn left [9] |
| 3-4 | RF step forward, R+L ¾ turn left [1.30] |
| 5-6 | RF step forward popping left knee forward, LF step forward popping right knee forward |
| 7-8 | RF step forward popping left knee forward, LF step forward popping right knee forward |
| *Option Ca | mel Walk: arms against your body and move your hands up/down, right, left, right, left |
| - | Recover, Big Step, Drag, Ball, Back, Together, Shuffle Fwd |
| 1-2 | RF rock forward, LF recover |
| 3-4 | RF big step back, LF drag together |
| &5-6 | LF step back, RF step back, LF step beside RF |
| 7&8 | RE step forward LE step beside RE_RE step forward |

7&8 RF step forward, LF step beside RF, RF step forward

Rock Fwd, Recover, Ball, Pivot ¾ Turn Left, Cross, Side, Behind Side Cross

- 1-2 LF rock forward, RF recover
- &3-4LF step beside RF, RF step forward, R+L ¾ turn left [9]
- 5-6 RF cross over LF, LF step to left side
- 7&8 RF cross behind LF, LF step to left side, RF cross over LF





牆數:4

Rock Left, Recover, Ball, Side, Together, Step Fwd, Pivot ½ Turn Right, Step Fwd and Flick

1-2 LF rock to left side, RF recover

- &3-4 LF step beside RF, RF step to right side, LF step beside RF
- 5 RF step forward
- 6-7 LF step forward, L+R ½ turn right [3]
- 8 LF step forward and flick your RF

*Option count 8: point your right hand upwards

Start again

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