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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