Laisse Aller Ton Corps

級數: Beginner / Improver

編舞者: Danielle MODICA (FR) - 23 April 2023

音樂: Laisse aller ton corps - Zaoui

Introduction 16 counts [1-8] WALK RL, ½ TURN HEEL BOUNCE, STEP BACK R, POINT L, SAILOR ¼ TURN L Step RF forward (1), Step LF forward (2) 12:00 1-2 3&4 Make ¹/₂ turn to the R with 3 heel bounce (3&4), weight on LF 12:00/6:00 5-6 Step RF back (5), Point LF to the L side (6) 7&8 Make ¹/₄ Turn to the L by putting LF back (7), RF to the R side (&), LF to the L side (8) 6:00/3:00 [9-16] SWAY RL, CHASSE R, ROCK BACK L, ¼ TURN STEP LOCK BACK 1-2 Sway to the R with weight on your RF (1), Sway to the L with weight on your LF (2) 3:00 3&4 Step RF Side (3), LF next RF (&), Step RF Side (4) 5-6 Rock back LF (5), Recover (6), 7&8 Make 1/4 Turn to the R by putting LF backward (7), Lock RF in front of LF (&), Step LF back (8) 3:00/6:00 *Wall 5, Restart here [17-24] KICK R, BALL POINT L, DRAG L, HITCH L, CROSS, ¼ TURN, COASTER STEP L Kick RF forward (1), Bring back RF next LF (&), Point LF to the L side (2) 6:00 1&2 3-4 Drag LF next to RF (3), Hitch LF (4) 5-6 Cross LF over RF (5), 1/4 Turn to the L by putting RF backward (6) 6:00/3:00 Step LF back (7), RF next LF (&), Step LF forward (8) 7&8 [25-32] ¼ TURN L TOE STRUT 2X, WALK RL, ½ TURN HEEL BOUNCE Make 1/4 turn to the L by putting R toe to the R side (1), Lower the R heel (2) 3 :00/12 :00 1-2 3-4 Make ¹/₄ Turn to the L by putting L toe to the L side (3), Lower the L heel (4) 12:00/9:00 Step RF forward (5), Step LF forward (6) 5-6 Make 1/2 turn to the R with 3 heel bounce (7&8), weight on LF 9:00/3:00 7&8 TAG: After Wall 3 1-2 Side Rock R (1), Recover (2) 3-4 Rock Back R (3), Recover (4)

Enjoy 🗆

Source : This file is the original. If you have any questions, don't hesitate to contact me : mavipavada@hotmail.com





拍數: 32

牆數:4