

Numb

拍數: 32 牆數: 1 級數: Intermediate
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音樂: Numb - Marshmello & Khalid



Begin after 16 count intro - NO TAGS - NO RESTARTS

[1'8] R walk and L, kick ball change R step L hell bounce '2 / ¼ turn, cross L and together, upper body wave.

- 1-2 Right foot walk and left foot walk,
- 3-4 Kick ball step right, finish left forward
- 5-6 2 heel bounces or rebound and ¼ quarter turn to 3h00
- &7-8 Cross left and together with upper body wave on the 8th count

[2'8] Press R and back together, press L and back together, kick ball change ¼ turn finish right and together to the side of the L foot and flick ¼ turn.

- 1-2 Press foot on the right diagonal and return together with your right foot,
- 3-4 Press foot on the left diagonal and return together with your left foot,
- 5&6 Right foot kick ball change ¼ turn, finished body weight on the right to 6h00
- 7-8 Bring the weight of the body to the side of the left foot on sixth and flick the left foot in a quarter turn ¼ on the 8th count to 9h00

[3'8] Rock L foot, sweep back L, pony step back L, step lock step R, step pivot ½ turn L step forward L

- 1-2 Rock Left foot,
- 3&4 Sweep back left with pony step back left,
- 5&6 With the right foot having to take a locking step
- 7&8 Take a step forward with the left foot pivot ½ turn and step forward with the left foot, body weight in front to 3h00

[4'8] step right side with hips from right to left, slide to the right and ¼ turn to L, point R and L and knee pop R and L

- 1-2 With the right foot take a step on the right side by swinging the hips from right to left, finish with body on the left
- 3-4 Take a big step to the right on 3h00 by sliding the left foot which joins the right foot backwards while making a ¼ turn on 12h00
- 5-6 Point the right foot and leg outstretched then to the left
- 7-8 Bring together doing a right and left knee pop.

Put your style on and have fun, show me how you do this one ;). Sabrina.
Association s'handi-rêve.