

V for the Win

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sanne Lassen (DK) - February 2024
音樂: Another One Bites the Dust - Alexander Jean
或: Another One Bites the Dust - Queen



Intro: 16 counts when beat starts - Start weight on L

[1-8] Step forward diagonal right RL (x2), step backward diagonal left LR (x2)

- 1-2 step forward diagonal right on R, step L next to R
- 3-4 step forward diagonal right on R, touch L next to R
- 5-6 step backward diagonal left on L, step R next to L
- 7-8 step backward diagonal left on L, step R next to L

[9-16] Step forward diagonal left LR (x2), step backward diagonal right RL (x2)

- 1-2 step forward diagonal left on L, step R next to L
- 3-4 step forward diagonal left on L, touch R next to L
- 5-6 step backward diagonal right on R, step L next to R
- 7-8 step backward diagonal right on R, step L next to R

[17-24] V-Step (x2) (Feel free add hand gestures as pistols on the V-step)

- 1-2 step forward diagonal right on R, step forward diagonal left on L
- 3-4 step backward diagonal left on R, step backward diagonal right on L
- 5-6 step forward diagonal right on R, step forward diagonal left on L
- 7-8 step backward diagonal left on R, step backward diagonal right on L

[25-32] side touch right, side touch ¼ turn left, hip bump RLRL

- 1-2 step right on R, touch L next to R
- 3-4 turn ¼ left while stepping forward on L, step R next to L
- 5-6 make hip bump right, make hip bump left
- 7-8 make hip bump right, make hip bump left and gain weight on L

I have a team of dancers with different cognitive difficulties. This dance, with steps easy to understand, is created for them.

If anyone have a similar dance class, I love to hear from you.

Last Update: 19 Feb 2024