Made for This

拍數: 32

7

級數: Intermediate / Advanced

編舞者: Michelle Wright (USA) - March 2024

音樂: Made for This - The Phantoms

Dance starts 32 counts in counting the slow heavy beat

Section 1: Step, Lock w/ knee pop, Step, Step, ¼ pivot, Cross, ¼,¼, Cross rock, Side rock Step R forward, lock L behind R angling body L and popping R knee, Step R forward 1.2.3 Step L forward, 1/4 pivot R, Cross L over R (3:00) 4&5 6& 1/4 turn L stepping back R, 1/4 turn L stepping L to L side (9:00) 7& Cross Rock R over L, Recover on L 8& Rock R to R side, Recover on L Section 2: Sailor w/side drag, back w/sweep, Behind, Side, Step, Lock, Ball, Forward, 1/2 pivot 1&2 Cross R behind L, Step L to L side, Large step R as you Drag L into R and slightly back 3,4& Step L behind R and sweep R from front to back, Cross R behind L, Step L to L side Step R forward, Bring L in and behind R, 5,6 &7 Step R forward, Step L forward 8& Step R forward, ¹/₂ pivot L putting weight on L (3:00) Section 3: ¼ rock with arms, Full turn triple w/ sweep, Dragging cross w/ knee pop, Dragging side w/ knee pop, Behind w/ hitch around, Behind, Side 1.2 ¹/₄ turn L rocking R to R side and twist your body L and lift L toe up, Recover on L (12:00) Styling : Walls 2,5,7 & 8 do muscle arms as you twist, other walls push R palm across body to L Restart here on wall 3 ¹/₂ turn R stepping R forward, Step L next to R, ¹/₂ turn R stepping R next to L and 3&4 sweeping L from back to R (12:00) 5.6 Cross L over R and pop R knee, Step R to R side and pop L knee Cross L behind R and hitch R knee around from front to back Counts 5-7 should be completed with a slight dragging motion as you step Cross R behind L, Step L to L side (12:00) 8& Section 4: Cross, Full unwind, Side rock, Recover, Forward, Chase ½ turn, Full turn x 2 1.2 Cross R over L, full unwind L weight on L (12:00) 3&4 Rock R to R side, Recover on L, Step R forward 5&6 Step L forward, ¹/₂ pivot R, step L forward (6:00) 1/2 turn L stepping back R, 1/2 turn L stepping L forward, 1/2 turn L stepping R back, 1/2 turn L 7&8& stepping L forward (6:00) (Non turning option for 7&8&: Boogie run forward R,L,R,L) Tag: R side rock with /stop hand, Recover w/ Me hand, Step R next to L, L Side rock, Recover, Step L next to R 1,2& Rock R to R side and Bring R hand up palm facing front to show stop, Bring R hand to chest for me putting weight on L, Step R next to L 3,4& Rock L to L side, Recover on R, Step L next to R

Ending: Wall 9 facing at 6:00. Dance 14 counts then make a ¼ turn L stepping R to R side and cross arms across chest to end facing 12:00 End of dance! Any questions email: Michellelinedance@gmail.com





牆數:2

Restart on wall 3 after 18 counts facing 12:00, Tag end of wall 6 facing 6:00