

Recommence-Moi

拍數: 32 牆數: 2 級數: Beginner
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音樂: Recommence-moi - SANTA : (Album: Recommence-Moi)



Designed for beginner to better understand music structure, Tags and Restarts which are very easy

****2 Tags, 1 Restart, 1 Tag/Restart**

Introduction : Start on the Lyrics "PLUS" at 25 seconds "Et s'il ne reste PLUS rien ..."

[1-8] FORWARD RIGHT & LEFT, ANCHOR STEP, BACK, BACK, COASTER CROSS

- 1 – 2 RF forward (1), LF forward (2)
- 3 & 4 ANCHOR STEP : Cross Rock RF behind LF (3), Recover on LF (&) - RF slightly backward (4)
- 5 – 6 LF backward (5), RF backward (6)
- 7 & 8 COASTER CROSS : LF backward on ball (7), RF backward on ball next to LF (&), Cross LF over RF (8)

[9-16] SIDE, BEHIND, SIDE, CROSS, SIDE, CROSS ROCK, RECOVER, LEFT TRIPLE STEP

- 1 Step RF to R side (1)
- 2 & 3 Cross LF behind RF (2), step RF to R side (&), cross LF over RF (3)
- 4 – 6 Step RF to R side (4), Cross Rock LF over RF (5), Recover on RF (6)
- 7 & 8 TRIPLE STEP : LF to left side (7), RF close to LF(&), LF to left side (8)

[17-24] STEP, KICK, BACK, TOUCH, V-STEP

- 1 – 4 Step RF forward (1), Kick LF forward (2), Step LF backward (3), Point RF backward (4)

*** Wall 3 at 12h00 : Restart**

- 5 – 8 V-STEP : Step RF diagonally right fwd (5), step LF diagonally left fwd (6) Step RF back in center (7), step LF next to RF (8)

[25-32] MONTEREY ½ TURN, STEP, TOUCH, BACK, TOUCH

- 1 – 4 MONTEREY ½ TURN : Point RF to R side (1), Pivot ½ R on LF bringing RF close to LF (2) (Weight on RF) (6h00) Point LF to L side (3), LF close to RF (4) (Weight on LF)

*** Wall 8 at 6h00 : TAG2 & Restart**

- 5 – 8 Step RF diagonally right forward (5), Touch LF close to RF (6), Step LF diagonally left back (7), Touch RF close to LF (8)

*** TAG1 : Walls 1 & 5**

TAG1 : V-STEP End of Wall 1 at 6h00 & End of Wall 5 at 12h00 (on Lyrics "1, 2, 3, Recommence")

- 1 – 4 V-STEP : Step RF diagonally right fwd (1), step LF diagonally left fwd (2) Step RF back in center (3), step LF next to RF (3)

TAG2 : FORWARD *2

- 1 – 2 RF forward (1), LF forward (2) (Then Restart)

Smile & Have Fun