

Faster

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Debi Bodven (USA)
音樂: The Trumpet Part II - Lou Bega



WEAVE LEFT, POINT, CROSS, 1 ¼ TURN TO THE LEFT

- 1 Cross right over left
- 2 Step side left
- 3 Cross right behind left
- 4 Point left toe at 7:00 (both forefingers point at toe)
- 5 Cross left over right
- 6 Pivot on ball of left ¼ turn left while stepping back on right
- 7 Pivot on ball of right ½ turn left while stepping forward on left
- 8 Pivot on ball of left ½ turn left while stepping back on right

ROCK STEP, WALK, WALK, TOUCH, BACK, COASTER STEP

- 9 Rock back left (lean slightly back with the rock and let both forearms come up in front of chest)
- 10 Step forward right
- 11 Walk forward left
- 12 Walk forward right
- 13 Touch left toe next to right
- 14 Step back left
- 15&16 Step back right, step left together, step forward right

LEFT CHA-CHA-CHA, TOE-HITCH-CROSS, UNWIND, RETURN, KICK-BALL-TOE-PLACE

- 17&18 Step forward left, step right together, step forward left
- 19&20 Touch right toe to side, hitch right knee up, cross right toe over left

Arm styling: bring both forearms up to chest as knee comes up, then cross right arm over left at waist level as right toe crosses in front

- 21 Unwind ½ turn to left (flair both arms out to sides)
- 22 Wind back up ½ turn to right (legs are crossed again, both arms should be crossed at waist level)
- 23& Kick right forward, step ball of right in place (uncross arms and raise both closed hands in front of face on 23)
- 24& Touch left toe to side, step left together (sweep both arms down to left to point at toe on 24)

HEEL & TOE TURNS

- 25& Touch right heel in front, touch right toe in place
- 26& Touch right toe to side, pivot on ball of left ¼ turn right while touching right toe in place
- 27& Touch right heel in front, touch right toe in place
- 28& Touch right toe to side, pivot on ball of left ¼ turn right while touching right toe in place
- 29& Touch right heel in front, touch right toe in place
- 30& Touch right toe to side, pivot on ball of left ¼ turn right while touching right toe in place
- 31& Touch right heel in front, touch right toe in place
- 32 Touch right toe to side

Arm styling: raise both closed hands in front with right heel touches, flair both hands out to sides with the first 3 right toe touches

Optional ending: as this last sequence puts a lot of pressure on your left leg, minimize the turns by leaving the right toe out to the side then pivoting ¼. This will eliminate the touch in place; the right foot

REPEAT

