Undo



拍數: 32 編數: Intermediate NC2S

編舞者: Helena Jeppsson (SWE) - August 2014

音樂: Undo - Sanna Nielsen: (Swedish Entry at Eurovision Song Contest)



Basic nightclub R, 1/4 turn L with sweep, cross, 1/4 turn R, behind, 1/4 turn R, 1/2 turn x2

1, 2&	Step right foot to right side, rock left foot behind right, step right foot across left
3	Make a 1/4 turn L stepping forward on left foot, sweeping right back to front
4&	Cross right foot in front of left, step back on left foot
5	Make a 1/4 turn R stepping right foot to right side
6&	Step left foot behind right, 1/4 turn R stepping forward on right foot
7&	Step forward on left foot, make a 1/2 turn R
8&	Step forward on left foot, make a 1/2 turn L stepping back on right foot

1/4 turn L, basic nightclub L, R, sway, 1/4 turn R, full turn R

1 Make a 1/4 turn L stepping left foot to left side

2& Rock right foot behind left, step left foot across right

Restart on wall 5

3 Ste	right foot to ri	aht side
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4& Rock left foot behind right, step right foot across left

5 Step left foot to left side 6& Sway body to right, left

7& 1/4 turn R stepping forward on right foot, hitch left knee in a figure four

8& Make a 1/2 turn R stepping down on left foot, make a 1/2 turn R stepping forward on right

1/2 turn R, sweeps, behind, side, cross, 1/2 turn R, 1/2 turn L with sweep, weave

eping right from front to back
ont to back
step left foot in front of right
t front to back
nt side

Restart on wall 3 at the end of this section, crossing left foot over right on an á count

Cross rock x2, half diamond pattern

Cross rock xz, nan diamond pattern			
1	Cross rock left foot over right		
2&	Recover weight onto right foot, step left foot to left side		
3	Cross rock right foot over left		
4&	Recover weight onto left foot, step right foot to right side		
5	Step left foot forward on right diagonal (10.30)		
6&	Step right foot forward (10.30), turn 1/8 to right stepping left foot to side (face 12.00)		
7&	Step right foot back on left diagonal (towards 7.30) step left foot back (7.30)		
8&	Turn 1/8 to right stepping right foot to right side (facing 3.00), cross left foot over right		

Tag at the end of first wall:

count 1, stepping right foot to side and sway body to right, count 2, sway body to left

Contact: hel.jeppsson@gmail.com

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