

De mes propres ailes

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Choregraphie par : Aline MOREL

Description : 32 temps, 4 murs, Débutant, Octobre 2017

Musique : De mes propres ailes – Olivier Dion
(Les 3 mousquetaires) 3'24 »



Intro : 16 counts

VINE R, TOUCH, VINE L, TOUCH

- 1 RF Step to R side
- 2 LF Cross behind RF
- 3 RF Step to R side
- 4 LF Touch next to RF
- 5 LF Step L
- 6 RF Cross behind LF
- 7 LF Step to L side
- 8 RF Touch next to LF

SNAKE R, SNAKE L, VINE R to R DIAGONAL, TOUCH

- 9 RF Begin BODY ROLL to R as you step RF to R
- 10 LF Complete snake pointing LF to L side
- 11 LF Begin BODY ROLL to L as you step LF to L
- 12 RF Complete snake pointing RF to R side
- 13 RF Heading toward R diagonal (angle body to 10.30) Step RF to R side
- 14 LF Cross LF behind RF
- 15 RF Step RF to R side still heading toward R diagonal (angle body to 10.30)
- 16 LF Touch LF beside RF straightening body to 12.00

L FORWARD, ¼ TURN R BOTH HEELS SWIVEL L, ¼ TURN L BOTH HEELS SWIVEL to R, L CLOSE, R FORWARD, ¼ TURN L BOTH HEELS SWIVEL to R, ¼ TURN R BOTH HEELS SWIVEL to L, R CLOSE

- 17 LF Step LF forward (12.00)
- 18L& R Make ¼ turn R as you SWIVEL both heels to L (03.00)
- 19L& R Make ¼ turn L as you SWIVEL both heels to R (weight ends on R) (12.00)
- 20 LF Step LF next to RF
- 21 RF Step RF forward
- 22L& R Make ¼ turn L as you SWIVEL both heels to R (09.00)
- 23L& R Make ¼ turn R as you SWIVEL both heels to L (weight ends on L) (12.00)
- 24 RF Step RF next to LF

WALK FORWARD L-R-L, TOUCH R, WALK BACK R-L-R, ¼ TURN L STEPPING L TO L

- 25 LF Step forward
- 26 RF Step forward
- 27 LF Step forward
- 28 RF Touch RF beside LF
- 29 RF Step backward *
- 30 LF Step backward *
- 31 RF Step backward *
- 32 LF ¼ turn L stepping LF to L side (9.00)

Option*: Funky. Grind the front heel out as you walk back (turning balls "OUT")

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