

My Ritual

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Choregraphie par : Niels Poulsen (Denmark)

Description : 32 temps, 4 murs, Débutant Funky,
Décembre 2019

Musique : Ritual by Tiësto, Jonas Blue & Rita
Ora. Track length: 3:19. Buy on iTunes, etc



**Intro: 16 count counts (8 secs. into track). Start with weight on L foot
OBS!!! NO TAGS - NO RESTARTS!!!**

[1 - 8] Fwd R, touch, fwd L, touch, back R, touch, back L, touch

- 1 - 2 Step R to R diagonal (1), touch L next to R (2) 12:00
- 3 - 4 Step L to L diagonal (3), touch R next to L (4) 12:00
- 5 - 6 Step R back to R diagonal (5), touch L next to R (6) 12:00
- 7 - 8 Step L back to L diagonal (7), touch R next to L (8) 12:00

[9 - 16] Step R fwd, point L, step L fwd, point R, R jazz box ¼ R, step L fwd

- 1 - 2 Step fwd on R (1), point L to L side (2) 12:00
- 3 - 4 Step fwd on L (3), point R to R side (4) 12:00
- 5 - 8 Cross R over L (5), turn 1/8 R stepping L back (6), turn 1/8 R stepping R to R side (7), step L fwd (8) 3:00

[17 - 24] R moon walk, L moon walk, step ½ L, R kick ball step

- 1 - 2 Touch R toes next to L (1), step flat down on R foot sliding L foot backwards (2)
... (or do a R toe strut) 3:00
- 3 - 4 Touch L toes next to R (3), step flat down on L foot sliding R foot backwards (4)
... (or do a L toe strut) 3:00
- 5 - 6 Step R fwd (5), turn ½ L onto L foot (6) 9:00
- 7&8 Kick R fwd (7), step R next to L (&), step L a big step fwd (8) 9:00

[25 - 32] Step R fwd, L together, R pony step back, L pony step back, R back rock

- 1 - 2 Step R a big step fwd (1), step L next to R (2) 9:00
- 3&4 Step back on R popping L knee forward (3), recover fwd on L (&), recover back on R popping L knee forward again (4) 9:00
- 5&6 Step back on L popping R knee forwards (5), recover fwd on R (&), recover back on L popping R knee forward again (6) 9:00
- 7 - 8 Rock back on R (7), recover fwd onto L (8) 9:00

Start again

Ending : Finish wall 11, now facing 3:00. Do the following:

Step R fwd (1), touch L next to R (2), turn $\frac{1}{4}$ L stepping R fwd (3), touch L next to R (4) 12:00

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