

Commitment

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: John Sandham (ES)

Musique: Commitment - LeAnn Rimes



Sec 1. Back Rt Shuffle Back Lt Shuffle Turn Turn Sailor Step.

- 1&2 Shuffle back on Right-Left-Right.
- 3&4 Shuffle Back on Left-Right-Left.
- 5-6 Travelling Back Make a Full turn Right on Right. then Left.
- 7&8 Cross Right behind-step left to side. Step right next to left.

Sec 2. Sailor Step Walk Walk Shuffle Shuffle

- 1&2 Cross Left Behind -step Right to side-step left next to Right.
- 3-4 Walk Forward on Right. Then Left.
- 5&6 Shuffle forward on right-Left-Right.
- 7&8 Shuffle Forward on Left-Right-Left.

Sec 3. Weave Left 2 3 Turn Step Pivot Shuffle.

- 1-2 Cross Right over Left. Step Left to Side.
- 3-4 Cross Right Behind. Step ¼ turn to Left.
- 5-6 Step Forward on Right. Pivot ½ turn Left.
- 7&8 Shuffle forward on Right-Left-Right.

Sec 4. Weave Right 2 3 4 Rock Rec ½ Turn

- 1-2 Cross Left over Right. Step Right foot to Side.
- 3-4 Cross left behind Right. Step right to side.
- 5-6 Rock Forward on Left. Recover Back on Right.
- 7&8 make a ½ turn Left & Back on left-Right-Left.

Sec 5. Cross Uncross Cross Uncross

- 1-2 Cross Right Foot over Left. Hold.(cross both arms over chest)
- &3-4 Uncross stepping Right To Side - Left to side-hold.
- (Uncross both Arms pointing out & down)**
- 5-6&7-8 Repeat ! Crossing Left foot.

Sec 6. Knee Pops Right. H. Left. H. Right.Left.Right.H.

- 1-2 Cross Right Knee in front of Left Knee. Hold
- 3-4 Cross Left Knee in front of Right Knee. Hold
- 5-6 Cross Right. Left. Right. Hold. (Knee's)

Start over!

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