

Tina

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Judith Kennedy (UK) - 2014
音乐: T.I.N.A. (feat. Angel) - Fuse ODG



Intro: (&)32 beats (Start after 'You're my ...')

[1-8] □CROSS, SIDE, SAILOR WITH ¼ TURN, WALK X 3, OUT, OUT

1-2 Cross right over left, step left to left
3&4 Step R behind L (&) Make 1/4 turn R stepping L to L, Step R to R (3)
5-6 Walk forward left, right
7&8 Walk forward left, step or jump R out to R, step or jump L out to L

[9-16] ROCKING CHAIR; STEP RIGHT, CLOSE, RIGHT CLOSE RIGHT

1-2 Rock forward onto right, recover onto left
3-4 Rock back onto right, recover onto left
5-6 Step right to right, close left to right
7&8 Step right to right, close left to right, step right to right

•□Styling option: For steps 5-8 employ Mambo hips

[17-24]ROCK, RECOVER, SHUFFLE, SHUFFLE, COASTER

1-2 Rock forward on left, recover onto right
3&4 Shuffle (L, R, L) half turn left, travelling forward (9)
5&6 Shuffle (R, L, R) half turn left, travelling back (3)
7&8 Step back onto left, step right beside left, step forward on left

•□Easy option: for steps 3&4, 5&6 just do a left & right shuffle back

[25-32] CROSS, TOUCH OUT X 2, TOUCH, TOUCH, TOUCH, FLICK

1-2 Cross right over left; touch left out to left side
3-4 Cross left over right, touch right out to right side
5-6 Touch R toe fwd, slightly across front of left, touch R toe out to R
7-8 Touch R toe fwd, slightly across front of left, flick right back

•□Styling option: Flick with attitude, rising onto ball of left foot, extending left arm & looking back right, if desired.

Begin again & have a great time, love, Judith x

Thank you, Arthur for finding this fun music

Contact: judithkennedy97@yahoo.co.uk

Last Update - 6th October 2014