

In Sync

拍数: 32 墙数: 4 级数: Advanced WCS
编舞者: Helena Jeppsson (SWE) - August 2015
音乐: Dance Like We're Making Love - Ciara : (Album: Jackie)



Start on the word "dripping"

Walk x2, out, out, ball cross x2, 1/2 turn R, rock & cross, side

1, 2 Walk fwd on right, left
&3 Step right foot to right side, step left foot to left side
&4 Step right foot to center, step left foot in front of right
&5 Step right foot to right side, step left foot in front of right
6 1/4 turn R stepping fwd on right foot (3.00)
7& 1/4 turn R rock left foot to left side, recover weight onto right (facing 6.00)
8& Step left foot in front of right, step right foot to right side

Cross, out, out, side, ball step, full spiral turn L, 1/4 turn L with travelling lock step

1 Step left foot in front of right
2, 3 Step right foot to right side, step left foot to left side
4&5 Step right foot in place, step left foot to center, step fwd on right foot (prep for spiral turn)
6 Make a full spiral turn left on right foot (6.00)
7& Step fwd on left foot, lock right foot behind left
8&1 1/8 turn L step fwd on left, lock right foot behind left, 1/8 turn step fwd on left (3.00)

On the 11th wall there's a Restart after counts 4&, stepping fwd on right on count 1 (facing front wall) □

Fwd, 1/2 turn R, anchor step, walk x2, rock step

2, 3 Step fwd on right foot, 1/2 turn R stepping back on left foot (facing 9.00)
4&5 Step right foot behind left in 3rd position, step left foot in place, step right foot in place
6, 7 Step fwd on left, right
8& Rock fwd on left foot, recover weight onto right

Sweep, anchor step, sweep, anchor step, rock step, full turn L

a 1 Step left foot beside right, sweep right foot from front to back
2& Step right foot behind left in 3rd position, step left foot in place
3 Step right foot in place sweeping left foot from front to back
4&5 Step left foot behind right in 3rd position, step right foot in place, step left foot in place
6,7 Rock back on right foot, recover weight onto left
8& 1/2 turn L stepping back on right, 1/2 turn L stepping fwd on left (9.00)

TAG at the end of 4th wall

Fwd, rock step, together

1 Step fwd on right foot
2, 3 Rock fwd on left foot, recover weight onto right foot
4 Step left foot beside, right foot

Last Update – 16th Sept 2015