

Please

拍数: 64 墙数: 4 级数: Improver
编舞者: Doc Rosser (UK) & Debz Rosser (UK) - November 2015
音乐: Please - Rod Stewart



(Dedicated to Marcia)

Intro 32 counts from start of beat □Style: Pop

[1-8]□□□ Side, Drag, Scissor Step, Side, Behind, Left Chasse

1,2 long step to right side, drag left foot beside right
3&4 step right foot to right side, bring left foot alongside, cross right foot in front of left
5,6 step left foot to left side, cross right foot behind left
7&8 step left foot to left side, bring right foot beside left, step left foot to left side

[9-16]□□□ Cross Rock, Recover, Right Shuffle (To Diagonal), Pivot 1/2 Turn, Left Shuffle (To Diagonal)

1,2 cross right foot in front of left, recover onto left foot (turning 1/8 left, to face 11 o'clock)
3&4 (keeping to diagonal) step forward on right foot, bring left foot beside right, step forward on right foot
5,6 step forward on left foot, 1/2 turn to right, stepping onto right foot (to face 5 o'clock)
7&8 (keeping to diagonal) step forward on left foot, bring right foot beside left, step forward on left foot

[17-24]□□□ Side, Behind (To 3 O'clock Wall), Right 1/4 Shuffle Turn, 1/2 Pivot Turn, Left Shuffle (12 O'clock)

1,2 step right foot to right (turning 1/8 left, to face 3 o'clock wall), pass left foot behind right,
3&4 step right foot to right, turning 1/4 right, bring left foot beside right, step forward on right foot
5,6 step forward on left foot, 1/2 turn to right, stepping onto right foot
7&8 step forward on left foot, bring right foot beside left, step forward on left foot

[26-32]□□□ Full Turn, Rock Recover, Coaster Step, Rock Recover

1,2 step forward on right (1/4 turn to left), step back onto left foot making a 3/4 turn to the left
3,4 rock forward onto right foot, recover onto left foot
5&6 step back onto right foot, bring left foot beside right, step forward on right foot
7,8 rock forward onto left foot recover onto right foot

[33-40]□□□ Back Shuffle X3, Back Rock, Recover

1&2 step back on left foot, bring right beside left, step back onto left foot
3&4 step back on right foot, bring left beside right, step back onto right foot
5&6 step back on left foot, bring right beside left, step back onto left foot
7,8 step back onto right foot, recover onto left foot

[41-48]□□□ Right Side Rock, Recover, Right Chasse, Left Side Rock (Turning 1/4 Left), Recover, Left Chasse

1,2 side rock to right, recover onto left foot (with hip swings)
3&4 step right foot to right side, bring left foot beside right, step right foot to right side
5,6 side rock to left (1/4 turn to left, to face 9 o'clock), recover onto right foot (with hip swings)
7&8 step left foot to left side, bring right foot beside left, step left foot to left side

[49-56]□□□ Cross Rock, Recover, 1/4 Sailor Turn To Right, 1/4 Turn Right, Behind, Left Chasse

1,2 cross right foot in front of left, recover onto left foot
3&4 sweep right foot around behind left (turning 1/4 to right, to face 12 o'clock), bring left foot beside right, step forward on right foot
5,6 step left foot 1/4 turn to right, pass right foot behind left

7&8 step left foot to left side, bring right foot beside left, step left foot to left side

Restart here on wall 2

[57-64]□□□Cross Rock, Sailor Step, Rock, Recover, Coaster Step

1,2 cross right foot in front of left, recover onto left foot

3&4 sweep right foot behind left, bring left foot beside right, step forward onto right foot

5,6 rock forward on left foot, recover onto right foot

7&8 step back onto left foot, bring right foot beside left, step forward onto left foot

Restart□:□□After count 56 on wall 2

Tag (After Wall 4) ("And", Then Second Half Of Dance)

[1-8]□□□Back Right,Back Shuffle X3, Back Rock, Recover

&1&2 step back onto right foot, step back on left foot, bring right beside left, step back onto left foot

3&4 step back on right foot, bring left beside right, step back onto right foot

5&6 step back on left foot, bring right beside left, step back onto left foot

7,8 step back onto right foot, recover onto left foot

[9-16]□□□Right Side Rock, Recover, Right Chasse, Left Side Rock (Turning ¼ Left), Recover, Left Chasse

1,2 side rock to right, recover onto left foot (with hip swings)

3&4 step right foot to right side, bring left foot beside right, step right foot to right side

5,6 side rock to left (¼ turn to left, to face 9 o'clock), recover onto right foot (with hip swings)

7&8 step left foot to left side, bring right foot beside left, step left foot to left side

[17-24]□□□Cross Rock, Recover, ¼ Sailor Turn To Right, ¼ Turn Right, Behind, Left Chasse

1,2 cross right foot in front of left, recover onto left foot

3&4 sweep right foot around behind left (turning ¼ to right, to face 12 o'clock), bring left foot beside right, step forward on right foot

5,6 step left foot ¼ turn to right, pass right foot behind left

7&8 step left foot to left side, bring right foot beside left, step left foot to left side

[25-32]□□□Cross Rock, Sailor Step, Rock, Recover, Coaster Step

1,2 cross right foot in front of left, recover onto left foot

3&4 sweep right foot behind left, bring left foot beside right, step forward onto right foot

5,6 rock forward on left foot, recover onto right foot

7&8 step back onto left foot, bring right foot beside left, step forward onto left foot

(Then Restart the dance)

Contact: cliverosser484@msn.com
