

# 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)**

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