

Take My Advice

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Sonja Hemmes (USA) - August 2016
音乐: Tell Her About It - Billy Joel : (Album: Greatest Hits, Vols. 1 & 2)



Start on Lyrics

S1: TOE STRUT JAZZ BOX

1-4 Step right toe forward, drop right heel, step left toe back, drop left heel
5-8 Step right toe to right side, drop right heel, step left toe next to right, drop left heel

S2: RUMBA BOX BACK WITH HOLDS

1-4 Step right to right side, step left next to right, step back on right, hold
5-8 Step left to left side, step right next to left, step left forward, hold

S3: RIGHT LOCK STEP FORWARD, BRUSH, 1/2 TURN RIGHT, HOLD

1-4 Step right forward, lock left behind right, step right forward, brush left forward
5-8 Step forward on left, turn 1/2 right and step on right, step on left, hold

S4: RIGHT LOCK STEP FORWARD, BRUSH, LEFT ROCK FORWARD, 1/4 TURN LEFT, HOLD

1-4 Step right forward, lock left behind right, step right forward, brush left forward
5-8 Step left forward over right, recover on right, turn 1/4 left on left, hold

S5: CROSS SHUFFLE LEFT, ROCK & CROSS, WITH HOLDS

1-4 Step right in front of left, left to left side, right in front of left, hold
5-8 Step left to left side, return weight on right, step left in front of right, hold

S6: FOUR HEEL, TOE STEPS TURNING 1/4 RIGHT

1-2 Step forward on right heel, drop toe
3-4 Step forward on left heel, drop toe turning 1/8 right
5-6 Step forward on right heel, drop toe
7-8 Step forward on left heel, drop toe turning 1/8 right

S7: ROCK FORWARD, TOE STRUT BACK, ROCK BACK

1-4 Rock forward on right, return weight on left, right toe back, drop right heel
5-8 Left toe back, drop left heel, rock back on right, return weight on left

S8: MONTEREY 1/4 TURN RIGHT, POINTS TO SIDE AND TOGETHER

1-2 Point right to right side, 1/4 turn right stepping right next to left
3-4 Point left to left side, step left next to right
5-6 Point right to right side, step right next to left
7-8 Point left to left side, step left next to right

EASY RESTART: In the 4th rotation at the 3 o'clock wall, after completing 32 counts, you will be facing the 6 o'clock wall, Restart the dance