

Wants and Needs

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Wants and Needs - Extreme Music



Intro: □64 Counts

S1: Walk R, L, Shuffle forward R, Cross, out, out, Bounce Heels x2

1-2 Step forward on RF, Step forward on LF,
3&4 Step forward on RF, close LF next to RF, Step forward on RF
5&6 Cross LF over RF, Step diagonally back on RF, Step LF to L side
7-8 Bounce heels x2 (weight ends on LF)

S2: Ball cross, Hold, Ball cross, Touch to R, Behind side cross, ¼ turn L, ¼ turn L with R hitch

&1-2 Close RF next to LF, Cross LF over RF, Hold
&3-4 Step RF to R side, Cross LF over RF, Touch RF to R side
5&6 Cross RF behind LF, Step LF to L side, Cross RF over LF
7-8 Make a ¼ turn L and step forward on LF, Make a ¼ turn L and hitch R knee

S3: Step R side, Cross behind with Sweep, Behind side ¼ L, Step forward L, Step side R, Heel swivel with L, Heel swivel With R

1-2 Step RF to R side, Cross LF behind RF and sweep LF from Front to back
3&4 Cross RF behind LF, Step LF to L side, Make a ¼ turn L and step forward on RF
5-6 Step forward on LF, Step RF to R side
&7&8 Twist L heel in, Replace L heel to position, Twist R heel in, Replace R heel to position (weight ends on RF)

S4: Cross Samba with L, Cross Samba with R, Jazz box ¼ turn to L

1&2 Cross LF over RF, Rock RF to R side, Recover onto LF
3&4 Cross RF over LF, Rock LF to L side, Recover onto RF
5-6 Cross LF over RF, Step back on RF
7-8 Make a ¼ turn L and step LF to L side, Touch RF next to LF

S5: Shoulder Isolations, Hip Isolations, R sailor step, Lock L behind, Unwind ¾ L

1-2 Step RF to R side and Push upper body to R, Return upper body to L
3-4 Push hips to R, Return hips to L
5&6 Step RF behind LF, Step LF to L side, Step RF to R side
7-8 Lock LF behind RF, Unwind ¾ L (Weight ends on LF)

S6: Shoulder Isolations, Hip Isolations, R sailor step, Double knee Hitch with R

1-2 Step RF to R side and Push upper body to R, Return upper body to L
3-4 Push hips to R, Return hips to L
5&6 Step RF behind LF, Step LF to L side, Step RF to R side
7&8 Close LF next to RF and Hitch up R knee slightly, Step down onto RF, Close LF next to RF and Hitch up R knee slightly

S7: Rock to R, Behind side cross, Rock to L Behind side cross

1-2 Rock RF to R side, Recover onto LF
3&4 Cross RF behind LF, Step LF to L side, Cross RF in front of LF
5-6 Rock LF to L side, Recover onto RF
7&8 Cross LF behind RF, Step LF to L side, Cross LF in front of RF

S8: Syncopated Rocks forward (R, L), Step forward R, pivot ½ L, ¼ turn L slide to R, Close

- 1-2& Rock forward on RF, Recover onto LF, Close RF next to LF
3-4& Rock forward on LF, Recover onto RF, Close LF next to RF
5-6 Step forward on RF, Make a pivot ½ turn L
7-8 Make a ¼ turn L and take a big step to R with RF, Close LF next to RF

Hope you enjoy the dance.

Live to Love; Dance to Express.

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