

拍数: 36

级数: Intermediate

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墙数:4

音乐: Yours If You Want It - Rascal Flatts



Start dancing on lyrics

KICK, SYNCOPATED ROCK, KICK, SYNCOPATED ROCK, POINT, 1/2 TURN, SHUFFLE

- 1&2& Kick right forward, step back to the right foot, rock left on the left side, recover onto right
- 3&4& Kick left forward, step back to the left foot, rock right on the right side, recover onto left
- 5-6 Point right, 1/2 turn right,
- 7&8 Step left forward, step right next to left, step left forward

MAMBO STEP, SHUFFLE 1/2 TURN, FULL TURN, KICK BALL CROSS

- 1&2 Rock right forward, recover onto left, step right foot back
- 3&4 Step left 1/4 turn left, step right next to left, step left 1/4 turn left forward
- 5-6 1/2 turn to left stepping back onto right, 1/2 turn to left stepping forward onto left
- 7&8 Kick right forward, step right beside left, cross left over right

STEP, HEEL, STEP, CROSS, STEP, HEEL, STEP, CROSS, ROCK, SAILOR 1/4 TURN

- &1 Step right to right side, tap left heel diagonally forward to the left
- &2 Step left next to right -feet slightly apart, cross right foot over left
- &3 Step left to left side, tap right heel diagonally forward to the right
- &4 Step right next to left -feet slightly apart, cross left foot over right
- 5-6 Rock right to right side, recover weight onto left
- 7&8 Cross right behind left, turn 1/4 to right and step left to side, step right to side

KICK BALL CHANGE, ROCK, FULL TURN, SAILOR STEP

- 1&2 Kick left foot forward, step onto ball of left foot, replace weight onto right foot
- 3-4 Rock forward on left, recover weight onto right
- 5-6 1/2 turn to left stepping forward onto left, 1/2 turn to left stepping back onto right
- 7&8 Cross left behind right, open right to side, open left to side

ROCKING CHAIR

- 1-2 Rock right forward, recover on left
- 3-4 Rock right back, recover on left

REPEAT

Restarts:-On 3rd wall: ☐ ☐ do the first 16 count then restart On 6th and 9th wall: ☐ do the first 32 count then restart

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Last Update - 7th March 2017