

Dance Me

拍数: 56 墙数: 0 级数: Advanced
编舞者: Carrie Russell (USA) - May 2017
音乐: Dance Me If You Can - The Cheetah Girls



Rocking Horse, Clap (2x) , Rocking Horse Clap (2x)

1 & 2 Rock forward on R, recover L, rock back on R
&3&4 Recover on L, step forward on R, replacing weight, Clap, Clap
5 & 6 Rock forward on L, recover R, rock back on L
&7&8 Recover weight on R, step forward on L, placing weight, clap, clap

Walk, walk, mambo forward, mambo back, step ½ turn

1 – 2 Walk forward on R, L
3 & 4 Mambo forward on R
5 & 6 Mambo back on L
7 – 8 Step Forward on R, make a ½ turn, placing weight on L

Mambo forward, mambo back, walk, walk, Rock ¼ turn cross

1 & 2 Mambo forward on R
3 & 4 Mambo back on L
5 – 6 Walk forward on R, L,
7 & 8 Step R forward making a ¼ turn to L, place weight on L, cross R over L

Step Sailor Step, Behind and Cross, ½ Turn Side Shuffle

1 Step L to L side
2 & 3 Side Right Sailor Step
4 & 5 Cross L behind R, step R to R side cross L over R
6 Unwind ½ turn, weight on L
7 & 8 Side Shuffle R, L, R weight on R

Kick & Touch, Kick & Touch, Walk , Walk Step ½ Turn

1 & 2 Kick L forward, step L, beside R, touch R to R side
3 & 4 Kick R forward, step R beside L, touch L to L side
5 – 6 Walk forward on L R
7 – 8 Step forward on L make a ½ turn to R weight on R

[1 – 8]: Repeat Previous 8 Counts

Out Behind cross ½ turn side shuffle, walk, walk

1 Step L to L side
2 & 3 Cross R behind L step L to L side, cross R over L
4 ½ turn to L weight on R
5 & 6 Side Shuffle on L R L
7 – 8 Walk forward on R L

End of Dance!