

Pretty's On The Inside

拍数: 48 墙数: 3 级数: Improver
编舞者: Hilda Foo (NZ) & Vicky Hamilton (NZ) - May 2019
音乐: Pretty's on the Inside - Chloe Adams



Intro: 16 counts.

Section 1: Walk forward X 2 Mambo. Walk Back X 2. Back Coaster 12:00

123&4 Walk forward R L, Mambo forward on R, recover on L, step RF slightly back
567&8 Walk back L R. Step LF back, step RF Tog, Step LF forward

Section 2: Rumba Box steps forward/Back. Heel and Toe Switches 12:00

1&23&4 Step RF to R, step LF Tog, step RF forward, step LF to L, step RF Tog, step LF back
5&6& Right Heel forward, Right heel in place besides L. Left heel forward, Left heel in place besides R
7&8& Point R toe to right, step RF in place besides L, point L toe to left, step LF in place besides R

Section 3: Vine ¼ turn R Shuffle ½ Pivot turn R forward shuffle 9:00

123&4 Step RF to R, step LF behind R, ¼ turn R shuffle forward RLR
567&8 Step LF forward, ½ pivot turn R, shuffle forward L R L

Section 4: Kick and Point ½ Turn R Monterey Jazz Box 3.00

1&23&4 Kick RF forward, Step RF in place besides L, point LF to L. Kick LF forward, step LF in place besides R, point RF to R
5678 ½ turn R with weight on right, cross L over R, step RF back, step LF besides R

Section 5: Forward/back mambo. Side mambos 3:00

1&23&4 Forward mambo on R, recover on L, step RF besides L, Back mambo on L, recover on R, step LF besides R
5&67&8 Side Mambo on R, recover L, step RF besides L. Side Mambo on L, recover R, step RF besides R.

Section 6: ½ turning shuffles x2 , Rock back Recover 3:00

123&4 Rock RF forward, recover on LF, make ½ turn R shuffle stepping RLR
5&678 Make ½ turn shuffle stepping LRL. Rock back on R, recover on L

Start again

Tag (4 count) End of Wall 2 & 5 both face 6:00

1234 Rock forward on RF, recover on L, touch RF behind L, unwind ¼ turn right weight on L

Happy dancing and hope you like this dance!

Contacts:-

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