

Milk and Coffee

拍数: 64 墙数: 4 级数: Beginner
编舞者: Bracken Heidenreich (USA) - January 2020
音乐: Made for Me - TobyMac : (Album: Eye On It - Apple Music)



Intro: 32 counts (fast beats)

*1 Restart (on the 6th wall, after 48 counts)

SECTION 1: STEP TOGETHER STEP TOUCH, REPEAT

1,2 Step Right forward to right diagonal (1:30); Step Left next to right;
3,4 Step Right forward to right diagonal (1:30); Touch Left next to right
5,6 Step Left forward to left diagonal (10:30); Step Right next to left;
7,8 Step Left forward to left forward diagonal (10:30); Touch Right next to left

SECTION 2: ROCK, RECOVER, BACK, KICK, BACK, TOUCH, BACK, TOUCH

1,2 Rock Right forward; Recover on Left in place
3,4 Step Right back; Low kick Left forward
5,6 Step Left back; Touch Right in place (open body to left diagonal)
7,8 Step Right back; Touch Left in place (open body to right diagonal)

SECTION 3: COASTER STEP, HOLD, 1/8 ROLL, 1/8 ROLL

1,2,3 Step Left back; Step Right next to left; Step Left forward
4 Hold
5,6 Touch Right forward and roll hips to make 1/8 turn left (end with weight on left)
7,8 Touch Right forward and roll hips to make 1/8 turn left (end with weight on left) [face 9:00]

SECTION 4: CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, SIDE, TOUCH

1,2 Step Right across left; Step Left to left side
3,4 Step Right behind left; Step Left to left side
5,6 Rock Right across left; Recover on Left in place
7,8 Step Right to right side; Touch Left next to right

SECTION 5: STOMP, HEEL, HEEL, HEEL, STOMP, HEEL, HEEL, HEEL

1,2 Stomp Left forward; Bounce Left heel in place
3,4 Bounce Left heel in place; Bounce Left heel in place ending with weight on left
5,6 Stomp Right forward; Bounce Right heel in place
7,8 Bounce Right heel in place; Bounce Right heel in place ending with weight on right

SECTION 6: ROCKING CHAIR, STEP QUARTER CROSS HOLD

1,2 Rock Left forward; Recover on Right in place
3,4 Rock Left back; Recover on Right in place
5,6 Step Left forward; Pivot 1/4 turn right (weight on Right) [face 12:00]
7,8 Step Left across right; Hold

*On the 6th wall, RESTART here

SECTION 7: STOMP, HEEL, HEEL, HEEL, STOMP, HEEL, HEEL, HEEL

1,2 Stomp Right to right side; Bounce Right heel in place
3,4 Bounce Right heel in place; Bounce Right heel in place ending with weight on right
5,6 Stomp Left across right; Bounce Left heel in place
7,8 Bounce Left heel in place; Bounce Left heel in place ending with weight on left

SECTION 8: SIDE ROCK, BACK ROCK, ROCK QUARTER, TOUCH, HOLD

1,2 Rock Right to right side; Recover on Left in place
3,4 Rock Right back; Recover on Left in place
5,6 Rock Right to right side; Recover 1/4 turn left on Left in place [face 9:00]
7,8 Touch Right next to left; Hold

Enjoy the dance!

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