In My Bed

拍数: 32   **墙数:** 4   **级数:** Improver

编舞者: Andrico Yusran (INA) - October 2021

音乐: In My Bed - Braaten

No Tag No Restart

Start Dance after intro lyric 32 counts (16")

S1# *BACK ROCK - FORWARD - LOCK SHUFFLE FORWARD - PIVOT 1/4 TURN LEFT - CROSS SHUFFLE*

1-2-3	Step R back , L recover , R forward
4&5	L forward , R lock behind L , L forward
6-7	R forward 1/4 turn to L , L in place
&-8	R cross over L , L to side

S2# *CROSS - SIDE ROCK - SAILOR - SAILOR FORWARD - LOCK SHUFFLE FORWARD*

1-2-3	Step R cross over L , L side , R recover
4&5	L cross behind R , R to side , L side
6&7	R cross behind L , L to side , R forward
&-8	L forward , R lock behind L

S3# *FORWARD - PIVOT 1/2 TURN LEFT - LOCK SHUFFLE FORWARD - SIDE DRAG - TRIPLE SIDE*

1-2-3	Step L forward , R forward 1/2 turn to L , L in place
4&5	R forward , L lock behind R , R forward
6	L slightly to side
7&8	R - L ball in place , R slightly to side

S4# *SAILOR 1/4 TURN LEFT - WALK FORWARD - PIVOT 1/2 TURN L - PIVOT 1/4 TURN LEFT*

1&2	Step L cross behind 1/4 turn to L , R back , L forward
3-4	R - L walk forward
5-8	R forward 1/2 turn to L , L in place , R forward 1/4 turn to L , L in place (weight on L) (3.00)

Dancing With Your Heart

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