

Be Right Now

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Be Right Now - Ed Sheeran : (iTunes etc.)



no tags or restarts.

Introduction: 40 counts, start on approx. 18 sec.

Part 1. Heel Grind R ¼ Turn R, Back Rock R, ½ Shuffle Turn to L, Back Rock L.

1,2 Heel Grind R with ¼ turn R (3.00) (1,2).
3,4 Rock Rf back (3), Recover back onto Lf (4).
5&6 Make ½ shuffle turn back R,L,R (9.00) (5&6).
7,8. Rock Lf back (7), Recover back onto Rf (8).

Part 2. Heel Grind L ¼ Turn L, Back Rock L, ½ Shuffle Turn to R, Back Rock R.

1,2 Heel Grind L with ¼ turn L (6.00) (1,2).
3,4 Rock Lf back (3), Recover back onto Rf (4).
5&6 Make ½ shuffle turn back L,R,L (12.00) (5&6).
7,8. Rock Rf back (7), Recover back onto Lf (8).

Part 3. R Fwd, L Side, Back Rock R, R Side, L Touch Beside, L Side, R Touch Beside.

1-4 Step Rf fwd (1), Step Lf to L (2), Rock Rf back (3), Recover back onto Lf (4).
5-8 Step Rf to R (5), Touch Lf Beside Rf (6), Step Lf to L (7), Touch Rf beside Lf (8).

Part 4. R Side, Hold, L Together, R Side Point, R Across, L Side, Hold, R Together, L Fwd ¼ Turn L, R Touch Beside.

1,2 Step Rf to R (1), Hold (2).
&3,4 Step Lf beside Rf (&), Point Rf out to R (3), Step Rf across Lf (4).
5,6 Step Lf to L (1), Hold (2).
&7,8 Step Rf beside Lf (&), Make ¼ Turn L (9.00) step Lf fwd (7), Touch Rf beside Lf (8).

REPEAT THE DANCE AND HAVE FUN!!
