

Secrets

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Helen Parkyn (UK) - August 2022
音乐: Secrets - Regard & RAYE



#32 count intro

RIGHT SIDE SHUFFLE, 1/2 TURN LEFT (6.00) INTO LEFT SIDE SHUFFLE, CROSS ROCKING CHAIR

- 1&2,&,3&4 Step right to right side, close left beside, step right to right side, hinge turn 1/2 left (6.00) on the & count between the side shuffles, step left to left side, close right beside, step left to left side
- 5, 6, 7, 8 rock right across front of left foot, recover onto left, rock back on right foot, recover onto left.

CROSS ROCK RIGHT OVER LEFT, RECOVER, 1/4 TURN RIGHT INTO RIGHT SHUFFLE (9.00), ROCK FORWARD LEFT, RECOVER, TRIPLE 1/2 TURN LEFT (3.00)

- 1, 2, 3 & 4 cross rock right over left, recover onto left, make 1/4 turn right into forward right shuffle (9.00),
- 5, 6, 7 & 8 rock forward on left, recover back into right, triple step stepping left right left making 1/2 turn left (3.00)

*2 TOE HEEL STRUT STEPS, ROCK FORWARD, RECOVER 1/4 TURN RIGHT (6.00) INTO RIGHT SIDE SHUFFLE

- 1 2, 3 4 touch right toe forward, drop heel to floor, touch left toe forward, drop heel to floor (** optional hip rolls on strut steps)
- 5, 6, 7 & 8 rock forward on right foot, recover back onto left, make 1/4 turn right (6.00) and step right to right side, close left beside right, step right to right side

WEAVE, CROSS ROCK, RECOVER, STEP LEFT 1/4 TURN LEFT (3.00), TOUCH

- 1, 2, 3, 4 step left across front of right, step right to right side, cross left behind right, step right to right side
- 5, 6, 7, 8 cross rock left over right, recover back onto right, step left 1/4 turn left (3.00), touch right beside left (on counts 7 and 8, for those who are energetic enough, do 1 and 1/4 turn turn left)

BEGIN AGAIN AND HAVE FUN

**2 RESTARTS, BOTH AFTER FIRST 8 COUNTS (the cross rocking chair)

*1ST RESTART WALL 4 (start facing 9,00, restart facing 3.00)

*2ND RESTARTWALL 9 (start facing 3.00, restart facing 9.00)

To finish facing front, on wall 11 make a 1/2 turn left on last 2 counts instead of a 1/4 turn

WARNING ... please be warned there is a clean and a not so clean version of this track.
Some people won't notice, but those who like to listen to the words of songs will notice. Sorry