

Left and Right

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hiroko Carlsson (AUS) - August 2022
音乐: Left and Right (feat. Jung Kook) - Charlie Puth : (Spotify / Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 16 counts)

[S1] V Step, Dip-Point-Dip-Point

1 2 Step forward on R to R Diagonal, Step forward on L to L Diagonal
3 4 Step R back to the centre, Step L next to R
5 6 Step R to the side as you dip down/bending knees, Straighten and point L toe to the side
7 8 Sift weight to the left as you dip down/bending knees, Straighten and point R toe to the side

[S2] Rocking Chair, 1/4L Dip-Point-Dip-Point

1 2 Rock forward on R Replace weight on L,
3 4 Rock back on R, Replace weight on L
5 6 Make a ¼ turn left stepping R to the side as you dip down/bending knees (9:00), Straighten
 and
 point L toe to the side
7 8 Sift weight to the left as you dip down/bending knees, Straighten and point R toe to the side**

[S3] Behind, Side, Cross Shuffle, Side Shuffle, Back Rock

1 2 Step R behind L, Step L to the side
3&4 Cross R over L, Step L close to R, Cross R over L
5&6 Step L to the side, Step R close to L, Step L to the side
7 8 Rock R behind L, Replace weight on L

[S4] Side, Behind, 1/4R Fwd Shuffle, 1/4R Side Shuffle, Back Rock

1 2 Step R to the side, Step L behind R
3&4 Make a ¼ turn right stepping forward on R (12:00), Step L close to R, Step forward on R
5&6 Make a ¼ turn stepping L to the side (3:00), Step R close to R, Step L to the side
7 8 Rock R behind L, Replace weight on L

Restart on Wall 2 count 16** (12:00) and Wall 5 count 16** (3:00)

Ending suggestion; The last wall starts facing 12:00. Dance up to Section 2 count 8 (9:00), then
Make a sharp ¼ turn right stepping R next to L (&), Step forward on L (1)

(updated: 11/Jul/22)