

Sweet

拍数: 48 墙数: 4 级数: Beginner
编舞者: RockinMary Dewez (FR) - 2020
音乐: Sweets for My Sweet - C.J. Lewis



No Tag No Restart

WALKING R L R & ¼ TURN STEP TO R – TWIST HEEL

1234 Step R forward, step L forward, step R forward , step L forward with ¼ turn to right
5 6 Step forward R, twist heel forward and backward
7 8 a gain forward and backward

VINE RIGHT (TOUCH L) HESITATION SWAY L R L & LEFT HITCH

1234 Right vine touch
5678 Step L to L & balance on L R L (finishing by left hith)

WALKING L R L & ¼ TURN STEP TO L – TWIST HEEL

1234 Step L forward, step R forward, step L forward , step R forward with ¼ turn to left
5 6 Step forward L , twist heel forward and backward
7 8 a gain forward and backward

VINE LEFT (TOUCH R) HESITATION SWAY R L R & RIGHT HITCH

1234 Left vine touch
5678 Step R to R & balance on R L R (finishing by right hitch)

FULL TURN SHUFFLE R L R L with ROLLING ARMS

1&2 with ¼ turn R, Shuffle right, roll arms down (body down)
3&4 with ¼ turn R, Shuffle left, roll arms up (body up)
5&6 with ¼ turn R, Shuffle right, roll arms down (body down)
7&8 with ¼ turn R, Shuffle left, roll arms up (body up)

SYNCOPATED JUMP : FORWARD-BACKWARD- SIDE R-SIDE LEFT ¼ TURN LEFT

&1-2 Jump forward on R , step L next to R, clap
&3-4 Jump forward on L, step R next to L clap
&5-6 Jump on right side on R, touch L next to R, click fingers on R side
&7-8 With ¼ turn to L, Jump forward with L, touch R next to L, click fingers forward