

Bring Me Back

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Beth Tiwi (INA) - December 2023
音乐: Bring Me Back (feat. Claire Ridgely) - Miles Away



Start on lyrics

S1. Forward Rocking Chair- Traveling Pivot Full Turn Right-Diagonal Forward Lock Shuffle L/R

1-2 Step Forward RF, LF in place
3&4 Step Right back, step LF turn Right ½, Turn Right ½ Step Right Forward
5&6 Step LF diagonal forward – Lock R behind L– Step LF diagonal forward
7&8 Step RF diagonal forward – Lock L behind R – Step RF diagonal forward

S2. Cross Rocking Chair- Step Chasse – Sway -Step Side

1&2 Cross Forward LF, Right in place, LF back
3&4 Step LF to side left – Step R together – Step LF to side left
5-6 R sway – L sway
7&8 Step RF to side Right, Step LF beside R

S3 : Rhumba Box – Step Forward-Kick- Coaster Step

1&2 Step Right to Right side, Step Left next to Right, Step back on Right, hold
3&4 Step Left to left, Step Right next to Left, Step forward on Left, hold
5-6 Step Forward RF, kick LF
7&8 Step LF back, step RF back next to LF, step LF forward

S4 : Pivot Turn Left ¼ - Forward Shuffle – Side – Back Cross Touch R- turn left ¼ back cross Touch L

1&2 Step R forward – Turn ¼ left weight on L, step RF over left
3&4 Step forward on LF, close Right beside left, step forward on LF
5-6 Step R to side, touch L behind R turn left ¼
7-8 Step L to side, touch R behind L

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Dancing with your soul

Last Update - 22 Dec. 2023 - R1