Come as You Are



拍数: 32 **墙数**: 4 **级数**: High Beginner

编舞者: Arisps (INA) - December 2023 音乐: Come as You Are - Nirvana



No Tag No Restart

3 & 4

5 - 6

7 - 8

Happy dancing □□

SECT 1 : SIDE ROCK - VINE (R/L)	
1 - 2	step RF to side, rcover on LF
3 & 4	cross RF behind LF, step LF to left, cross RF over LF
5 - 6	step LF to side, recover on RF
7 & 8	cross LF behind RF, step RF to right , cross LF over RF
SECT 2 : CHARLESTONE KICK - LOCK SHUFFLE DIAGONALLY FORWARD (R/L)	
1 - 4	step RF fwd, touch LF fwd, step LF back, touch RF back
5 & 6	step RF Diagonally fwd, lock LF behind RF, step RF fwd
7 & 8	step LF diagonally fwd, lock RF behind LF, step LF fwd
SECT 3 : PIVOT TURN 1/4 LEFT - CROSS SHUFFLE - SIDE 1/2 TURN TURN RIGHT - CROSS SHUFFLE	
1 - 2	step RF fwd, 1/4 turn left change weight to left
3 & 4	cross RF over LF, step LF to side cross RF over LF
5 - 6	step LF to side, turn 1/2 right, step RF to side
7 & 8	cross LF over RF, step RF to side, cross LF over RF
SECT 4: ROCK FWD - HEEL BOUNCE - BACK - HEEL BOUNCE - PIVOT TURN 1/2 LEFT - WALK R, L 1 & 2 step RF fwd, lift heels bending your knees out, drop heels down	

step RF back, lift heels bending your knees out, drop heels down, weight on RF

step RF fwd, 1/2 turn left, change weight to LF

walk fwd R, L