You're The One To Blame



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音乐: Ain't That a Shame (Workout Remix 128 BPM) - Power Music Workout



Sec 1: walks forward, Kick, walks back, touch

1-4 walk forward R, L, R, kick L foot forward5-8 walk back L, R, L, touch R next to L

Sec 2: chase R, back Rock, Chase L, back Rock

1&2 step R to R side, close L to meet, step R to R side

3-4 rock back on L, recover on R

5&6 step L to L side, close R next to L, step L to L side

7-8 Rock back on R, recover on L

Sec 3: pivot 1/4 turn x 2, R jazz box

1-2 step forward on R pivot 1/4 turn L
3-4 step forward on R pivot ½ turn L
5-6 cross R over L, step back on L
7-8 step R to R side, close L next to R

Sec 4: heel touches, heel switches, point, knee pop

1-2& tap R heel forward x 2, close R next to L3-4& tap L heel forward x 2, close L next to R

5&6& tap R heel F, close R next to L, Tap L heel F, close L next to R

7&8 point R Toe to R side, Tap R toe inwards popping right knee towards L leg.

Start Again

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