

Laura

拍数: 32 墙数: 4 级数: Improver
编舞者: Chris Hodgson (UK)
音乐: Tell Laura I Love Her - The Dean Brothers



BACK ROCK / SHUFFLE FORWARD / ROCK STEP / COASTER STEP

1-2 Step back on right, rock weight forward onto left
3&4 Shuffle forward on right-left-right
5-6 Step forward on left, rock weight onto right
7&8 Step back on left, step right next to left, step forward on left

TOUCH RIGHT-TOGETHER / STEP BACK-CROSS TOUCH / SHUFFLE / STEP-½ TURN

1-2 Touch right toe to right side, touch right toe next to left
3-4 Step back on right, cross touch left toe over in front of right foot (click fingers)
5&6 Shuffle forward on left-right-left
7-8 Step forward on right, pivot ½ turn left

HIP BUMPS / BACK ROCK / TRIPLE ½ TURN LEFT

1&2 Step forward on right bumping hips forward, bump hips back, bump hips forward
3&4 Step forward on left bumping hips forward, bump hips back, bump hips forward
5-6 Step back on right, rock weight forward onto left
7&8 Step in place on right-left-right making ½ turn left

TOUCH SIDE-BEHIND / SIDE-IN FRONT / SIDE-BEHIND-UNWIND ¼ LEFT WITH HEEL LIFTS

1-2 Touch left toe to left side, step left slightly behind right (bending knees slightly)
3-4 Touch right toe to right side, step right slightly in front of left (bending knees slightly)
5-6 Touch left toe to left side, cross step left behind right
&7 Lift up both heels and lower again while making 1/8 turn left on balls of both feet
&8 Lift up both heels and lower again while making 1/8 turn left on balls of both feet (keeping weight on left)

REPEAT
