

A Lesson To Learn

拍数: 32 墙数: 2 级数: Intermediate/Advanced
编舞者: Jess Chilton (UK)
音乐: Friday Night - Lily Allen



KICK BALL CROSS, STEP, SLIDE, HOLD& CROSS, SIDE, TOUCH

1&2 Kick right foot forward& step down on right, cross left over right
3-4 Step right to right side, slide left next to right
5&6 Hold 1 beat & step down on left cross right over left
7-8& Step left to left side touch right next to left& step down on right

WALK, WALK, STEP TURN STEP, STEP TURN STEP, FULL TURN

1-2 Walk left, right
3&4 Step forward on left& ½ turn over right step forward on left
5&6 Step forward on right& ½ turn over left step forward on right
7-8 ½ turn stepping back on left, another half turn stepping forward on right

LEFT LOCK STEP, RIGHT LOCK STEP, POINT, POINT, ½ SAILOR TURN

1&2 Step left foot forward & slide right foot behind left, step left foot forward
3&4 Step right foot forward & slide left behind right foot, step right foot forward
5-6 Point left foot forward, point left foot to left side
7&8 Making ½ turn over left, step left behind right & step right to right side, step left next to right
(6:00)

SIDE TOGETHER CROSS, SIDE TOGETHER CROSS, JAZZ BOX

1&2 Step right to right side & step left next to right, cross right over left
3&4 Step left to left side & step right next to left, cross left over right
5-8 Cross right over left, step back on left, step right to right side, cross left over right

REPEAT
