

Millie

拍数: 64 墙数: 0 级数:
编舞者: Kacey (UK)
音乐: Millie - Speed Limit



Position: Couples, Sweetheart

RIGHT ROCKING CHAIR, SIDE ROCK, CROSS, HOLD

1-2 Rock & step forward onto right, rock back onto left
3-4 Rock & step back onto right, rock forward onto left
5-6 Rock & step right, rock back onto left
7-8 Right cross over left, hold one beat

SIDE, TOGETHER, LOCK STEP, SCUFF, STEP, HOLD

1-2 Left step left, right step beside left
3-4 Left step forward, right lock behind left
5-6 Left step forward, right scuff beside left
7-8 Right step forward, hold one beat

LEFT ROCKING CHAIR, SIDE ROCK, CROSS, HOLD

1-2 Rock & step forward onto left, rock back onto right
3-4 Rock & step back onto left, rock forward onto right
5-6 Rock & step left, rock back onto right
7-8 Left cross over right, hold one beat

SIDE, TOGETHER, BACK LOCK, HITCH, STEP, HOLD

1-4 Right step right, left step beside right, right step back, left lock over right
5-8 Right step back, left hitch, left step back, hold one beat

SHUFFLE FORWARD RIGHT, HOLD, LEFT, HOLD

1-4 Right step forward, left step beside right, right step forward, hold one beat
5-8 Left step forward, right step beside left, left step forward, hold one beat

Alternative: Windmill turn left

SHUFFLE FORWARD RIGHT, HOLD, LEFT, HOLD

1-4 Right step forward, left step beside right, right step forward, hold one beat
5-8 Left step forward, right step beside left, left step forward, hold one beat

Alternative: Windmill turn left

COASTER STEP, HOLD, STRUT BACK LEFT, RIGHT

1-4 Right step forward, left step beside right, right step back, hold one beat
5-8 Left toe step back, step down on left, right toe step back, step down on right

COASTER STEP, HOLD, RIGHT, HOLD, LEFT, HOLD

1-4 Left step back, right step beside left, left step forward, hold one beat
5-8 Right step forward, hold one beat, left step forward, hold one beat

REPEAT