

My Own Words

拍数: 32 墙数: 4 级数: Intermediate
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音乐: These Words - Natasha Bedingfield



SIDE ROCK, SAILOR STEP, ¼ TURN, ½ TURN, TAP, TAP, STEP

1-2 Rock right to the right, recover onto left
3&4 Cross right behind left, step left to the left, step right to the right
5-6 Cross step left over right turning a ¼ left, step forward onto right turning a ½ left
7-8 Tap left toe forward twice
& Step forward with left

Option: opposed to three taps, 'any number of taps' is an option. As long as you end up with the step forward with left on the last '&' count

POINT, MODIFIED MONTEREY, SIDE ROCK, SAILOR STEP, ROCK BACK

1-2& Point right toe forward, point right to the right, step right next to left turning a ½ right
3-4 Rock left to the left, recover onto right
5&6 Cross step left behind right, step right to the right, step left to the left
7-8 Rock back with right, recover onto left

STEP, ½ PIVOT, ½ TURN, ¼ TURN, WALK, WALK, TOUCH, KICK

1-2 Step forward with right, pivot a ½ left
3-4 Step back onto right turning a ½ left, step forward onto left turning a ¼ left
5-6 Walk forward; right, left
7-8 Touch right foot next to and across left (on the left hand side of left foot), kick right foot forward

& TOUCH, KICK, & ROCK FORWARD, ½ TURN, ¾ TURN, ROLL HIPS

&1-2 Step back with right, touch left foot next to and across right (on the right hand side of the right foot), kick left foot forward
&3-4 Step forward with left, rock forward with right, recover onto left
5-6 Step forward onto right turning a ½ right, step back onto left turning ¾ right
7-8 Roll hips; right, left

Make sure weight ends up on left foot

REPEAT

RESTART

Restart on wall 2, after the first 24 steps (touch, kick)

Restart on wall 8, after the first 16 steps (rock back)