

No Choice

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Phil Partridge (UK)
音乐: What Else Could I Do - Rhonda Vincent



ROCK FORWARD, ROCK BACK, COASTER HEEL, CROSS BACK COASTER STEP

1-2 Rock forward right, recover onto left
3&4 Step back right, step left next to right, touch right heel forward
&5-6 Step right next to left, cross left over right, step right to right side
7&8 Step back left, step right next to left, step forward left

RIGHT SHUFFLE, ROCK ¼ TURN, CROSS BACK, 2 WALKS FORWARD

1&2 Step forward right, step left next to right, step forward right
3&4 Rock forward left, recover onto right, ¼ turn left stepping onto left
5-6 Cross right over left, step back onto left
&7-8 Step right next to left, walk forward left, walk forward right

STEP ¼ TURN, CROSS SHUFFLE, SIDE BEHIND & HEEL & CROSS

1-2 Step forward left, ¼ turn right (weight onto right)
3&4 Cross left over right, step right to right side, cross left over right
5-6 Step right to right side, step left behind right
&7&8 Step right to right side, dig left heel to left diagonal

STEP LEFT NEXT TO RIGHT, CROSS RIGHT OVER LEFT, ½ TURN RIGHT, MAMBO STEP, STEP BACK TOGETHER, 4 RUNNING STEPS FORWARD

1-2 ¼ turn right stepping back onto left, ¼ turn right stepping right to side
3&4 Rock forward left, rock back onto right, step left next to right
5-6 Step back onto right, step left next to right
7&8& Run forward right, left, right, left (small steps)

REPEAT
