

Only 4 You

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Wil Bos (NL)
音乐: Mamma Mia (Radio Edit) - In Grid



TOUCH BACK, ½ TURN, STEP ½ TURN, KICK BALL STEP, SHUFFLE FORWARD

1-2 Right touch toe back, make ½ turn right
3-4 Left step forward, make ½ turn right
5&6 Left kick forward, left step down, right step in place
7&8 Left step forward, right step next to left, left step forward

KICK, STEP BACK, ¼ TURN, HEELS SWIVELS, SHUFFLE ¼ TURN, STEP FORWARD

1-2 Right kick forward, right step back
3 Make ¼ turn left and left step to side
4&5 Swivel both heels left, right, left
6&7 Make ¼ turn right and right step forward, left step next to right, right step forward
8 Left step forward

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT ¼ TURN, CROSS SHUFFLE

1-2 Right rock forward, recover on left
3&4 Make ¼ turn right and step right to side, left step next to right, make ¼ turn right and right step forward
5-6 Left step forward, make ¼ turn right
7-8 Left step across right, right foot step to side, left step across right

DIAGONAL KICK BALL STEP, ROCK RECOVER TWICE

1&2 Right kick diagonal forward, right step next to left, left step forward
3-4 Right rock to side, recover on left
5&6 Right kick diagonal forward, right step next to left, left step forward
7-8 Right rock to side, recover on left

½ TURN, HOLD & CLAP, STEP, HOLD & CLAP, JAZZ BOX & SCUFF

1-2 Make on ball of left ½ turn right and step right forward, hold and clap
3-4 Left step next to right, hold and clap
5-8 Step right across left, left step back, right step to side, left scuff forward

MONTEREY ½ TURN, KICK BALL STEP, TOUCH

1-2 Left step forward, right touch toe to side
3-4 Make ½ turn right and step right next to left, left touch toe to side
5 Left step next to right
6&7 Right kick forward, right step next to left, left step forward
8 Right touch toe to side

SAILOR STEP, SAILOR STEP ¼ TURN, TOUCH SIDE, TOUCH BEHIND, BEHIND, SIDE, CROSS

1&2 Right cross behind left, left step to side, right step to side
3&4 Left cross behind right, right step to side, make ¼ turn left and step left forward
5-6 Right touch toe to side, right touch toe back
7&8 Right cross behind left, left step to side, right step across left

ROLLING VINE, TOUCH, CHASSE ¼, MAMBO STEP

1-4 Full turn left with left, right, left, right touch toe next to left

5&6 Right step to side, left step next to right, make $\frac{1}{4}$ turn right and right step forward
7&8 Left step forward, recover on right, left step back

REPEAT

TAG

After wall 5

TOE TOUCHES

1-4 Right touch toe forward, right side, forward, right side
