

Please Explain

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Maree Brown
音乐: If You Love Me - Scooter Lee



- 1-2 Step right forward, drag left to touch beside right
3-4 Step left forward, drag right to touch beside left
5&6 Make a full turn right while shuffling forward on right-left-right
7-8 Step/rock left forward, rock weight back onto
- 1-2 Step left back, step right back
&3&4 Turning $\frac{1}{4}$ turn left step left to side, step right across left, step left to side, step right across left
&5-6 Step left to side, step right across left, step left to left side
7&8 Turning $\frac{1}{2}$ right step right to right side, step left across right, step right to right side
- 1-2 Step/rock left back, rock forward onto right
3&4 Shuffle forward on left-right-left
5-6 Step right forward, turning a full turn left step onto left
7&8 Make a half turn left while shuffling backwards on right-left-right
- 1-2 Step left forward, drag right toe in an arc to in front of left
3&4 Hook right under left knee, ball step right beside left, step left forward
5-6 Step right forward, drag left toe in an arc to in front of right
7&8 Hook left under right knee, ball step left beside right, step right forward
- 1-2 Step ball of left across right, unwind full turn right
3&4 Shuffle forward left-right-left
5-6 Step right across left, unwind full turn left
7&8 Step right back, step left beside right, make a $\frac{1}{2}$ turn right step onto right
- 1-2 Step left across right, unwind $\frac{3}{4}$ turn right (back to start wall)
3&4 Shuffle forward making a full turn right on left-right-left
5&6 Step right forward, make $\frac{1}{2}$ turn left on ball of right, drop right heel
7&8 Step left back, lock right over left, step back on left
- &1-2 On ball of left make $\frac{3}{8}$ turn to right diagonal, step right forward making $\frac{1}{2}$ turn right step back on left
3&4 Make 1 $\frac{1}{2}$ turns right stepping in place on right-left-right
5-6 Step/rock left forward, rock back onto right
7&8 Shuffle backwards on left-right-left
- 1-2 Make $\frac{1}{2}$ turn right on ball of left stepping onto right, making $\frac{1}{2}$ turn right step back on left
3&4 Make 1 $\frac{1}{2}$ turns right stepping in place on right-left-right
5-6 Step/rock left forward, rock back onto right
7&8 Step left back, make $\frac{5}{8}$ turn right on ball of right, step left forward

REPEAT

Counts 49-62 are danced at the diagonals and count 63 brings you back to the front wall. This dance is choreographed with skirt work in mind starting at count one and continuing throughout

