

Please Stay

拍数: 32 墙数: 4 级数: Improver
编舞者: Sam Armstrong (UK) & Ruth Armstrong (UK)
音乐: Please Stay - Kylie Minogue



Start dance at the end of the first solo guitar

¼ TURNING HEEL BOUNCES, JAZZ BOX

1-4 Touch right foot to right side, bouncing both heels four times make ¼ turn right
On steps 1-4, while performing heel bounces, raise both arms in line with shoulders (sleepwalking position) allowing arms to bounce in unison with heels
5-6 Cross left over right, step back on right
7-8 Step left to left side, step right in place

TOUCHES OUT/IN, HITCH, ¼ TURN, LEFT/RIGHT SHUFFLES

9-10 Touch left out to left side, touch left next to right
11-12 Touch left out to left side, on ball of right foot, pivot ¼ turn left, hitching left in front of right knee
On steps 9-12, while touching out to left, angle both arms out to left, on touching in, pull arms into chest, closing hands
13&14 Shuffle forward left, right, left
15&16 Shuffle forward right, left, right

LEFT ¼ TURNING JAZZ BOX, MOONWALKS

17-18 Cross left over right, step back on right making ¼ turn left
19-20 Step left to left side, step right in place
21-22 Slide left foot back (popping right knee), slide right foot back (popping left knee)
23-24 Slide left foot back (popping right knee), slide right foot back (popping left knee)

LEFT/RIGHT SCISSOR STEPS, LEFT CHASSE, RIGHT ROCK

25&26 Step left to left side, bring right next to left, cross left over right
27&28 Step right to right side, bring left next to right, cross right over left
29&30 Step left to left side, step right next to left, step left to left side
31-32 Rock back on right, rock forward on left

REPEAT