

Rehab

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
音乐: Rehab - Amy Winehouse



TOE, SWIVEL, RECOVER, HITCH, CROSS, BACK, SIDE, CROSS

1&2& Press right toe to side, swivel heel to right, return heel to center, hitch right
3&4& Cross right over left, step left back, step right to side, cross left over right

SWAY, SWAY, BEHIND, ¼ STEP, ¼ SIDE, CLOSE, SIDE

5-6& Sway hips right, sway hips left, step right behind left
7&8& ¼ left (9:00) step left forward, ¼ left (6:00) step right to side, step left in place, step right to side

¼ SAILOR, LOCK-STEP

1&2 ¼ left (3:00) sailor step
3&4 Right lock-step forward

STEP-PIVOT, ½ STEP, ½ STEP, CLOSE, STEP

5&6 Step left forward, pivot ½ right (9:00), ½ right (3:00) step back on left
7&8 ½ right (9:00) step right forward, step left in place, step right forward

ROCK, RECOVER, ¼ SIDE, CROSS, ¼ STEP, ¼ SIDE

1&2 Rock left forward, recover, ¼ left (6:00) step left to side
3&4 Cross right over left, ¼ right (9:00) step back on left, ¼ right (12:00) step right to side

CROSS, RECOVER, SIDE, CLOSE, ¼ STEP

5-6 Cross left over right, recover
7&8 Step left to side, step right in place, ¼ left (9:00) step left forward

STEP-PIVOT, ¼ SIDE, BEHIND, SIDE, FORWARD

1&2 Step right forward, pivot ½ left (3:00), ¼ left (12:00) step right to side
3&4 Step left behind right, step right to side, step left forward

PIVOT, LOCK-STEP, TOUCH

5 Pivot ½ right (6:00)
6&7 Left lock forward
8 Touch right in place

REPEAT
