

Ringo

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: John Wilson (UK)
音乐: You're Sixteen (You're Beautiful and You're Mine) - Ringo Starr



RIGHT HEEL, LEFT HEEL, HEEL SWITCHES, ¼ TURN, TOUCH & HOLD

1-2 Touch right heel to front, step right foot beside left
3-4 Touch left foot to front, step left foot beside right
5&6 Touch right heel to front, step right foot beside left, touch left heel to front
&7-8 Step left foot beside right making ¼ turn right, touch right toe in front of left, hold

FORWARD SHUFFLE, ROCK STEP, BACK SHUFFLE ROCK STEP

1&2 Step forward on right, close left beside right, step forward on right
3-4 Rock forward on left foot, recover weight on right
5&6 Step back on left, step right beside left, step back on left
7-8 Rock back on right foot, recover weight on left

MONTEREY ½ TURN, TOE SWITCHES X 3, HOLD

1-2 Touch right to right side, on ball of left turn ½ right stepping right beside left
3-4 Touch left to left side, step left beside right
5&6 Touch right toe to side, step right foot beside left, touch left toe to left side
&7-8 Step left foot beside right, touch right toe to side and hold

SYNCOPATED CROSS STEPS TWICE, KICK BALL CHANGE TWICE

&1&2 Touch right toe across left foot, step left in place, touch right toe out to right side, step left in place
&3&4 Touch right toe across left foot, step left in place, touch right toe out to right side, step left in place
5&6 Kick right foot forward, step right beside left, step left in place
7&8 Kick right foot forward, step right beside left, step left in place

REPEAT
