

Second Chance

拍数: 40 墙数: 0 级数:
编舞者: Tim Croghan (CAN) & Daphne Hickman (CAN)
音乐: Back In Your Arms Again - Lorrie Morgan



TRAVELING HEEL HOPS

- &1 Hop slightly forward on left lifting right knee; right heel forward
- &2 Hop slightly forward on left lifting right knee; step down on right
- &3 Hop slightly forward on right lifting right knee; left heel forward
- &4 Hop slightly forward on right lifting left knee; step down on left
- &5-8 Repeat steps &1-&4

TURNING VINE HOPS, LEFT SAILOR SHUFFLE BACK, RIGHT SAILOR SHUFFLE BACK

- &1 Hop on left while turning right 1/3 lifting right knee; step down on right
- &2 Hop on right while turning right 1/3 lifting left knee; step down on left
- &3 Hop on left while turning right 1/3 lifting right knee; step down on right
- 4 Touch left beside right
- 5&6 Step back on left crossing behind right; step right to right side; step left to left side
- 7&8 Step back on right crossing behind left; step left to left side; step right to right side

ROCK STEP, ROCK STEP, STEP 2 TURN, ROCK STEP

- 1-2 Rock forward on ball of left, replace weight back to right
- 3-4 Rock back on ball of left, turn 2 right lifting right knee
- 5-6 Step forward on ball of left, turn 2 right lifting right knee
- 7-8 Rock back on ball of right, replace weight forward to left

CROSS TOUCHES

- 1-2 Touch right toe to right side, step right over left
- 3-4 Touch left toe to left side, step left behind right
- 5-6 Touch right toe to left side, step right over left
- 7-8 Touch left toe to left side, step left over right

PENDULUM SWINGS, KICK, KICK, ¼ TURN SHUFFLE

- 1 Touch right toe to right side
- &2 Hop bringing right together transferring weight to right, touch left toe to left side
- &3 Hop bringing left together transferring weight to left, touch right toe to right side
- &4 Hop bringing right together transferring weight to right, touch left toe to left side
- 5-6 Kick left leg forward, kick left leg to left side
- 7& Step down on left making a ¼ turn left, step right beside left
- 8 Step left beside right

REPEAT