

Short N Sweet

拍数: 32 墙数: 4 级数: Beginner
编舞者: Allan Burr (AUS) & Karen Burr (AUS)
音乐: I'll Be There If You Ever Want Me - Heather Myles



Dance starts almost straight away on the word "chains"

STEP FORWARD, ROCK BACK, ½ TURN RIGHT, ROCK BACK, RIGHT ROCKING CHAIR

- 1-4 Step forward on right, rock back onto left, turn ½ turn right stepping onto right, rock back onto left
5-8 Step forward on right (in place), rock back onto left, step back on right, rock forward onto left

VINE RIGHT WITH ¼ TURN RIGHT, ½ RIGHT MONTEREY

- 1-4 Step right to right side, step left behind right, turn ¼ turn right stepping on right, step left next right
5-6 Touch right toe to right side, turn ½ turn right stepping onto right
7-8 Touch left toe to left side, touch left toe next to right

½ LEFT MONTEREY, HIPS-RIGHT-LEFT-HOLD-RIGHT-LEFT (5,6,7,&8)

- 1-2 Touch left toe to left side, turn ½ turn left stepping onto left
3-4 Touch right toe to right side, touch right toe next to left
5-6 Push hips right-left
7 Hold for 1 beat
&8 Push hips quickly right-left

STEP FORWARD, LOCK, STEP FORWARD, STEP BACK, LOCK, STEP BACK, STEP BACK, ROCK FORWARD

- 1-4 Step forward on right, lock/step left behind right, step forward on right, step back on left
5-8 Lock/step right across & in front of left, step back on left, step back on right, rock forward onto left

REPEAT
