

Show Me How

拍数: 0 墙数: 2 级数: Intermediate
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音乐: Show Me How - Lorrie Morgan



Sequence: ABC, ABCC, A, A (1-20, turning 1/4 to left and touching right beside left), BBC, C (1-13), then drag your left foot to take weight beside your right

PART A

STEP/ROCK BACK, ROCK FORWARD, 1/2 SHUFFLE, SIDE STEP, STEP TOGETHER, STEP FORWARD, DRAG RIGHT

1-2-3&4 Step/rock back on right, rock forward on left, 1/2 shuffle over left - right, left, right
5-6-7-8 Step left to left, step right next to left, step left forward, drag right next to left (weight left)
(6:00)

STEP/ROCK BACK, ROCK FORWARD, 1/2 SHUFFLE, SIDE STEP, STEP TOGETHER, STEP FORWARD, STEP FORWARD

1-2-3&4 Step/rock back on right, rock forward on left, 1/2 shuffle over left - right, left, right
5-6-7-8 Step left to left, step right next to left, step left forward, step right forward (12:00)

STEP BACK, 1/4 TURN, CROSS/STEP, 1/4 TURN, STEP/ROCK BACK, ROCK FORWARD, STEP FORWARD, 3/4 TURN

1-2-3-4 Step back on left, 1/4 turn over right stepping right to right side, cross/step left over right, 1/4 over left stepping back on right
5-6-7-8 Step/rock back on left, rock forward on right, step forward on left, 3/4 turn over right on ball of left foot, right foot raised (9:00)

STEP FORWARD, 1/4 TURN, CROSS/STEP BEHIND, STEP SIDE, 1/2 TURN WITH SWEEP STEP ACROSS, POINT TO SIDE, STEP BEHIND, POINT TO SIDE

1-2-3-4 Step right forward, 1/4 turn over right stepping left to left side, cross/step right behind left, step left to left (12:00)
5-6-7-8 1/2 turn over left on ball of left sweeping right around to cross/step in front of left, point left to left, cross/step left behind right, point right to right (6:00)

PART B

TAP RIGHT TO RIGHT, STEP TOGETHER, POINT FORWARD, STEP TOGETHER, STEP FORWARD, 1/2 TURN, BACK COASTER, STEP FORWARD, 1/2 TURN

1&2&3-4 Tap right to right, step right next to left, touch left forward, step left beside right, step right forward, 1/2 turn over left (weight on right)
5&6-7-8 Step back on left, step right beside left, step left forward, step right forward, 1/2 turn over left dragging left next to right (weight right)

STEP BACK, 1/4 TURN, 3/4 UNWIND, STEP SIDE, STEP BEHIND, BALL CROSS, 1/2 UNWIND

1-2-3-4 Step left back, 1/4 turn over right stepping right to right, touch left behind right 3/4 unwind over left taking weight onto left (12:00)
5-6&7-8 Step right to right, step left behind right & step onto ball of right, cross/step left over right, 1/2 unwind over right taking weight onto right (6:00)

CROSS SAMBA, CROSS/STEP, 1/2 UNWIND, CROSS SAMBA, CROSS/STEP, 1/2 UNWIND

1&-2-3-4 Cross left over right, rock to right, rock center on left, cross/step right over left, 1/2 unwind over left (weight left)
5&6-7-8 Cross right over left, rock to left, rock center on right, cross/step left over right, 1/2 unwind over right (weight left)

¼ PADDLE TURN, ¼ PADDLE TURN, MONTEREY TURN, STEP/CROSS, ROCK, REPLACE

- 1-2-3-4 Step right forward, ¼ turn over left (rotate hips to the left), step forward right, ¼ turn over left (rotate hips to the left (12:00))
- 5&6-7&8 Point right toe to right, step right next to left replacing weight onto right & turn ½ right, point left toe to left, cross/step left over right, rock back on right, rock forward on left (6:00)

PART C

STEP/HIP SWAY, HIP SWAY, STEP, DRAG, ROCK BACK, ROCK FORWARD, ½ PIVOT

- 1-2-3-4 Step right to right as you sway hips to right, sway hips to left, step right to right as you drag left to right
- 5-6-7-8 Step back on left, replace weight onto right, step forward left, ½ pivot over right (12:00)

STEP/DRAG, ROCK, REPLACE, SIDE STEP, ½ HINGE, CROSS/STEP, STEP TO SIDE

- 1-2-3-4 Step left to left, drag right to left, rock back on right on right diagonal, replace weight onto left
- 5-6-7-8 Step right to right, ½ hinge turn over left stepping left to left, cross step right over left, step left to left (6:00)
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