

Stay!

拍数: 64 墙数: 1 级数: Beginner
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音乐: Stay - Maurice Williams & The Zodiacs



¼, TOGETHER, STRAIGHTEN, HOLD, ¼, TOGETHER, STRAIGHTEN, HOLD

1-2-3-4 Turn ¼ left and step right to side, step left together, turn ¼ right and step right forward, hold
5-6-7-8 Turn ¼ right and step left to side, step right together, turn ¼ left and step left forward, hold

4 PADDLE TURNS

1-2 Step right forward, turn ¼ left (weight to left)
3-8 Repeat 1-2 three more times

Rotating hips on the turns

SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, TOUCH

1-2-3-4 Step right to side, step left together, step right to side, touch left together
5-6-7-8 Step left to side, step right together, step left to side, touch right together

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-2-3-4 Step right diagonally back, touch left together, step left diagonally back, touch right together
5-6-7-8 Repeat 1-4

DIAMOND TURNS - FORWARD, TOGETHER, FORWARD, HOLD, BACK, TOGETHER, BACK HOLD - REPEAT

1-2-3-4 Turn 1/8 right and step right forward, step left together, step right forward, hold
5-6-7-8 Turn ¼ right and step left back, step right together, step left back, hold
1-2-3-4 Turn ¼ right and step right forward, step left together, step right forward, hold
5-6-7-8 Turn ¼ right and step left back, step right together, step left back, hold

SIDE, ROCK, CROSS, HOLD, SIDE, ROCK, CROSS, HOLD

1-2-3-4 Turn 1/8 right and rock right to side, recover on left, cross right over left, hold
5-6-7-8 Rock left to side, recover on right, cross left over right, hold

HIP CIRCLES - 8 COUNTS

1-4 Step right to side, hold for 3 counts

Raising both arm outstretched from side of body to above head for counts 2-3-4

5-8 Hold (circle hips to the left twice, with arms still above head, finishing with weight on left)

REPEAT