

Sweet Box

拍数: 64 墙数: 4 级数: Intermediate
编舞者: William Ambrose (UK)
音乐: Everything's Gonna Be Alright - Sweetbox



SWEET BOX RIGHT

1&2 Step right to right side, close left beside right, step right to right side
3&4 Step left back, close right beside left, step left back
5&6 Cross right over left, step left to left side, cross right over left
7&8 Step left forward, close right beside left, step left forward

ROCK FORWARD, TRIPLE ½ RIGHT, ROCK FORWARD, COASTER STEP

9-10 Rock forward on right, back on left
11&12 Triple step a ½ turn right stepping right, left, right
13-14 Rock forward on left, back on right
15&16 Step left back, step right beside left, step left forward

SYNCOPATED GRAPEVINE, ROCK BACK, TRIPLE ½ RIGHT

17-18 Step right to right side, step left behind right
& Step right to right side,
19-20 Step left over right, step right to right side
21-22 Rock back on left, forward on right
23&24 Triple step a ½ turn right stepping left, right, left

ROCK BACK, TRIPLE ¾ LEFT, ROCK BACK, SHUFFLE FORWARD

25-26 Rock back on right, forward on left
27&28 Triple step a ¾ turn left stepping right, left, right
29-30 Rock back on left, forward on right
31&32 Step left forward, close right beside left, step left forward

SIDE ROCK, CROSS SHUFFLE TWICE

33-34 Rock right to right side, rock left in place
35&36 Cross right over left, step left to left side, cross right over left
37-40 Repeat 33 - 36 on left leg

SIDE STEP, ¾ TURN WITH HOOK, SHUFFLE FORWARD TWICE

41-42 Step right to right side, on ball of right turn a ¾ turn left while hooking left up
43&44 Step left forward, close right beside left, step left forward
45-48 Repeat 41 - 44

SIDE BEHIND, HEEL JACKS X3

49-50 Step right to right side, step left behind right
& Step right back
51&52 Touch left heel forward, step left in place, step right beside left
& Step left back
53&54 Touch right heel forward, step right in place, step left beside right
& Step right back
55&56 Touch left heel forward, step left in place, touch right beside left

MONTEREY TURN TWICE

57-58 Touch right to right side, on ball of left turn a ½ turn right while stepping right beside left

59-60
61-64

Touch left to left side, step left beside right
Repeat 57 - 60

REPEAT
