

Take 5

拍数: 32 墙数: 4 级数: Improver
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音乐: Five Minutes - Lorrie Morgan



ROCK, RECOVER; ROCK, RECOVER; CROSS, STEP BACK, CROSS. TOUCH

1-2 Rock forward on left, recover weight on right
3-4 Rock forward on left, recover weight on right
5-6 Cross left over right, step right back on right diagonal
7-8 Cross left over right, touch right toes behind left

Put hip movements into steps 1-4

WEAVE RIGHT; ROCK, RECOVER; CROSS, STEP LEFT

9-10 Step right to right side, cross left behind right
11-12 Step right to right side, cross left over right
13-14 Rock right to right side, recover weight on left
15-16 Cross right over left, step left to left side

CROSS SHUFFLE; ROCK, RECOVER; JAZZ BOX

17&18 Cross shuffle right over left, stepping right/left/right
19-20 Rock left to left side, recover weight on right
21-22 Cross left over right, step back on right
23-24 Step left by right, scuff right by left

RIGHT SHUFFLE; ROCK, RECOVER; ¼ TURN LEFT CHASSE; ROCK, TOUCH

25&26 Right shuffle forward, stepping right/left/right
27-28 Rock forward on left, recover weight on right
29&30 Turn ¼ turn left and chasse, stepping left/right/left
31-32 Rock back on right, touch left toes in front of right

REPEAT
