

Take Note

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ronnie Fortt (UK)
音乐: Write This Down - George Strait



SIDE, BEHIND, SIDE SHUFFLE, CROSS ROCK, SIDE-HOLD

1-2 Step right to right side, cross-step left behind right
3&4 Step right to right side, step left beside right, step right to right side
5-6 Rock left across & in front of right, rock weight back onto right
7-8 Step left out to left side, hold (feet are apart)

&-SIDE-HOLD, &-SIDE-HOLD, 2X (¼-LEFT) PADDLE TURNS (ROLLING HIPS AS YOU TURN)

The following counts (&1-4) are traveling to the left

&1-2 Step right beside left, step left to left side, hold
&3-4 Step right beside left, step left to left side, hold
5-6 Touch right forward, rotate ¼ left
7-8 Touch right forward, rotate ¼ left

STEP POINT LEFT, STEP POINT RIGHT, CROSS SHUFFLE, SIDE SHUFFLE

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

ROCK STEP (¼-RIGHT), KICK-BALL-CHANGE, TOE STRUTS

1-2 Rock back onto right making a ¼ turn right, rock weight forward onto left
3&4 Kick right forward, step right beside left, step left beside right
5-6 Step right toe forward, drop right heel to floor
7-8 Step left toe forward, drop left heel to floor

REPEAT
