

Thanks A Lot

拍数: 64 墙数: 2 级数: Improver two step
编舞者: Noel Castle (AUS)
音乐: Thanks a Lot - Martina McBride



SIDE, RECOVER, CROSS, HOLD - SIDE, RECOVER, CROSS, HOLD

1-4 (QQS) Rock right side, recover left, cross right over left, hold (moving slightly forward)
5-8 (QQS) Rock left side, recover right, cross left over right, hold (moving slightly forward)

¼ RIGHT & WALK, HOLD, WALK, HOLD - FORWARD, PIVOT ½ LEFT, FORWARD, HOLD

1-4 (SS) Turn ¼ right & step right forward, hold, step left forward, hold (3:00)
5-8 (QQS) Step right forward, pivot ½ left (weight left), step right forward, hold (9:00)

FORWARD, LOCK, FORWARD, HOLD - ROCKING CHAIR

1-4 (QQS) Step left forward, lock right behind left, step left forward, hold
5-8 (QQQQ) Rock right forward, recover left, rock right back, recover left

STEP, HOLD, PIVOT ¼ LEFT, HOLD - CROSS, SIDE, CROSS, HOLD

1-4 (SS) Step right forward, hold, pivot ¼ left (weight left), hold (6:00)
5-8 (QQS) Cross right over left, step left side, cross right over left, hold

¼ LEFT & WALK, HOLD, WALK, HOLD - FORWARD, PIVOT ½ RIGHT, FORWARD, HOLD

1-4 (SS) Turn ¼ left & step left forward, hold, step right forward, hold (3:00)
5-8 (QQS) Step left forward, pivot ½ right (weight right), step left forward, hold (9:00)

FORWARD, LOCK, FORWARD, HOLD - ROCKING CHAIR

1-4 (QQS) Step right forward, lock left behind right, step right forward, hold
5-8 (QQQQ) Rock left forward, recover right, rock left back, recover right

STOMP UP, HITCH, FORWARD, TOUCH - BACK, LOCK, BACK, HOLD

1-4 (QQQQ) Stomp left up forward, hitch left knee, step left forward, touch right toe behind left
5-8 (QQS) Step right back, lock left across in front of right, step right back, hold

BACK, HITCH, ¼ LEFT & SIDE, TOUCH - FORWARD RUN, RUN, RUN, HOLD

1-4 (QQQQ) Step left back, hitch right knee, turn ¼ left & step right side, touch left to right (6:00)
5-8 (QQS) Step forward left, right, left, hold

REPEAT
