

Trouble With Me

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Freaky Legs (UK)
音乐: You See the Trouble With Me - Barry White



SIDE ROCK, CROSSING SHUFFLE, SIDE ROCK, CROSSING SHUFFLE

1-2 Rock right to right side, bring weight back on left
3&4 Step right over left, step left to left side, step right over left
5-6 Rock left to left side, bring weight back on right
7&8 Step left over right, step right to right side, step left over right

SIDE ROCK, 1 ¼ TURNING SHUFFLE LEFT, ROCK, COASTER

1-2 Rock right to right side, bring weight back on left
3&4 Step right ¼ turn left, step left ½ left, step right ½ left
5-6 Rock left foot forward, recover weight
7&8 Step left back, close right beside left, step left forward

SKATES, SHUFFLE, SKATES, SHUFFLE

1-2 Step right in place swiveling heel to right on ball of right slightly lifting up left foot, step left in place swiveling heel to left on ball of left slightly lifting up right foot
3&4 Step right forward, bring left behind right, step right forward
5-6 Step left in place swiveling heel to left on ball of left slightly lifting up right foot, step right in place swiveling heel to right on ball of right slightly lifting up left foot
7&8 Step left forward, bring right behind left, step left forward

ROCK, ½ TURNING SHUFFLE, FULL TURN, SHUFFLE

1-2 Rock right foot forward, rock weight back onto left
3&4 Step right ½ turn right, bring left behind, step right forward
5-6 Step half over right with left, step half over right with right
7&8 Step left forward, bring right behind left, step left forward

MAMBO ROCK, STEP ½ TURN, MAMBO, STEP ½ TURN

1&2 Rock right foot forward, rock weight back onto left, step back right
3-4 Step left ½ turn left, step right forward
5&6 Rock left foot forward, rock weight back onto right, step back left
7-8 Step right ½ turn left, step left forward

SHUFFLE, ROCK, SHUFFLE, ROCK

1&2 Step right forward, bring left behind right, step right forward
3-4 Rock left foot forward, recover weight
5&6 Step left back, bring right in front left, step left back
7-8 Rock right back, recover weight left

¼ TURNING SHUFFLE, ROCK, COASTER, ROCK

1&2 Step right forward making ¼ turn right, bring left behind right, step right forward
3-4 Rock left forward, recover weight
5&6 Step left back, close right beside left, step left forward
7-8 Rock right forward, recover weight

½ TURNING SHUFFLE, ROCK, COASTER, HIP SWAYS

1&2 Step right ½ turn right, bring left behind, step right forward
3-4 Rock forward left, recover weight right

5&6 Step left back, close right beside left, step left forward
7-8 Sway hips right, left

REPEAT

TAG

The tag comes after the first and second walls

1-2-3 Extend arms out and upwards

4-5-6 Lower arms out and downwards

1-2 Rock forward right, recover weight

3&4 Step right back, close left beside right, step right forward

5-6 Rock left forward, recover weight

7&8 Step left back, close right beside left, step left forward

1-2-3 Extend arms out and upwards

4-5-6 Lower arms out and downwards

1-2 Rock forward right, recover weight

3&4 Step right back, close left beside right, step right forward

5-6 Rock left forward, recover weight

7&8 Step left back, close right beside left, step left forward
