

U, Choose!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Julie Carr (UK)
音乐: Illegal - Shakira



RIGHT BACK, LEFT CROSS, RIGHT COASTER, LEFT FORWARD ROCK QUARTER TURN, LEFT HALF TURN, TOUCH LEFT TOE BACK

- 1-2 Right long step back, slide left over right (weight on left)
- 3&4 Right coaster step
- 5&6 Left forward rock, recover back onto right, as you make a ¼ turn left
- 7-8 Make a ½ turn left as you step back on to right, touch left toe back

LEFT, BALL STEP, RIGHT HALF TURN, RIGHT TRIPLE FULL TURN, ¼ TURN LEFT, LEFT HALF TURN

- &1-2 Left ball step forward onto right, make ½ turn right as you step back onto left
- 3&4 Make a full turn right traveling back stepping right, left, right
- 5-6 Make a ¼ turn left stepping forward onto left, step right to right (turn upper body left)
- 7&8 Make ½ turn left and step left over right, make ¼ turn left stepping back on right, ¼ turn left as you step left to left side (face back wall)

TURN RIGHT, LEFT& RIGHT CROSS ROCK STEPS, TOUCH LEFT, SWEEP ¼ TURN LEFT, LEFT ROCK RECOVER ON RIGHT, LEFT STEP LOCK STEP FORWARD

- 1&2 Make ½ turn right stepping right over left, make ¼ turn as you stepping back onto left, ¼ turn right as you step right to right
- 3&4 Cross rock left over right, long step to left
- 5&6 Cross rock right over left, long step to right
- 7-8 Left toe across right and sweep it round as you make a ¼ turn left to face 3:00

LEFT ROCK BACK, STEP LOCK STEP FORWARD, RIGHT ROCK ½ TURN, RIGHT-SIDE ROCK RECOVER

- 1-2 Rock back onto left behind right, step forward onto right
- 3&4 Left step forward, lock right behind left, step forward on left
- 5&6 Rock forward on right, recover onto left as you make a ½ turn right
- 7 ½ turn right as you step back on left
- 8& Rock right out to right, recover onto left

REPEAT

RESTART

For Shakira track, on wall 2, dance section 1 up to count 7, step back on left and restart the dance