

What's In It For Me?

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cai Rees (UK)
音乐: What's In It for Me - Faith Hill



Start dance after the 32-count intro approximately 42 seconds from start of music

SYNCOPATED KICKS, & STEP, 2X BOUNCES, RIGHT FRONT SAILOR, LEFT BACK SAILOR

1&2 Kick left forward, recover next to right, kick right forward
&3 Recover next to left, step forward slightly on left
&42 X heel bounces turning 1/8th of a turn right on each (completing a ¼ turn right)
5&6 Step right foot in front of left, step to left side on left, step to right side on right
7&8 Step left foot behind right, step to right side on right, step to left side on left

CROSS, SIDE, CROSS & CROSS, ROCK TURN STEP, LOCK SHUFFLE

1-2 Cross right over of left, step to left on left
3&4 Cross right over left, step to left on left, cross right over left
5&6 Rock to left on left, recover onto right turning ¼ turn right, step forward on left
7&8 Step forward on right foot, step forward on left locking behind right, step forward on right

MAMBO FORWARD, TOUCH, TURN, LOCK SHUFFLE, ROCK, RECOVER

1&2 Rock forward on left, recover back on right, step left next to right
3-4 Touch right toes back, pivot ½ turn right (putting weight on right foot)
5&6 Step forward on left foot, step forward on right locking behind left, step forward on left
7-8 Rock right on right, recover left

RIGHT BACK SAILOR, CROSS BEHIND, UNWIND ¾ LEFT, 2X WALKS, LOCK SHUFFLE

1&2 Step right foot behind left, step to left side on left, step to right side on right
3-4 Cross left foot behind right, unwind ¾ turn left
5-6 Walk forward right, left
7&8 Step forward on right foot, step forward on left locking behind right, step forward on right

REPEAT

TAG:

To be danced at the beginning of the 9th wall. This wall will be the 3rd time you begin the dance on the front wall

SYNCOPATED KICKS (FIRST 2 COUNTS OF DANCE REPEATED)

1& Kick left forward, recover next to right
2& Kick right forward, recover next to left