

I Swear

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK)
音乐: I Swear - Marc Anthony



CROSS UNWIND FULL TURN, CHASSE, BACK ROCK TOUCH, ¼ TURN SHUFFLE

1-2 Cross right over left, unwind a full turn left (keeping weight on left)
3&4 Step right to right side, step left next to right, step right to right side
5&6 Rock left behind right, recover weight to right, touch left toe to left side
7&8 ¼ turn left stepping forward on left, together right, step forward on left

STEP PIVOT, TURN, TURN, FORWARD MAMBO, BACK MAMBO

1-2 Step forward on right, make a ½ turn left
3-4 Make a ½ turn left, stepping back on right, make a ½ turn left, stepping forward on left
5&6 Rock forward on to right, recover weight to left, step right next to left
7&8 Rock back on left, recover weight to right, step left next to right

SIDE TOUCH, ¼ TURN CHASSE, TOUCH, TURN, STEP PIVOT STEP

1-2 Step right to right side, touch left next to right
3&4 Step left to left side, step right next to left, ¼ turn left, stepping forward on left
5 Touch right toe forward
6 Make a ½ turn right, stepping forward on to right
7&8 Step left forward, make a ½ turn right, step left forward

WALK, WALK, STEP PIVOT STEP, FORWARD LEFT MAMBO, BACK MAMBO TOUCH

1-2 Walk forward right, walk forward left
3&4 Step right forward, make a ½ turn left, step right forward
5&6 Rock forward on to left, recover weight to right, step left next to right
7&8 Rock back on right, recover weight to left, touch right toe to right side

½ MODIFIED MONTEREY TURN, TOUCH, BEHIND SIDE CROSS, OUT, IN, SIDE, BACK ROCK SIDE

1-2 Make a ½ turn right, stepping right next to left. Touch left toe to left side
3&4 Step left behind right, step right to right side, step left across right
5&6 Touch right toe to right side, touch right toe next to left, step a large step to right side
7&8 Rock left behind right, recover weight to right, step a large step to left side

LOCK UNWIND ½ TURN, CHASSE RIGHT, CHASSE ¼ TURN LEFT, STEP PIVOT

1-2 Lock right behind left, unwind ½ turn right (keeping weight on left)
3&4 Step right to right side, step left next to right, step right to right side
5&6 Step left to left side, step right next to left, make a ¼ turn left, stepping forward on left
7-8 Step forward on right, make a ½ turn left (weight ends on left)

REPEAT