

拍数: 64 墙数: 2 级数: Intermediate

编舞者: Helen D'Aguiar (UK)

音乐: (I Wish I Knew How It Would Feel to Be) Free / One - Lighthouse Family



STEP SIDE TOUCH TWICE, RIGHT SHUFFLE, STEP PIVOT HALF TURN RIGHT

Step right foot to side, slide left to right and tap, clicking fingers
Step left foot to side, slide right to left and tap, clicking fingers

5&6 Right shuffle forward

7-8 Step left foot forward, pivot half turn right (weight now on right)

STEP POINT, STEP TAP, LEFT SHUFFLE BACK, STEP BACK, CROSS TOUCH

9-10 Step left foot forward, point right toe to right

11-12 Step right foot forward, tap left toe behind right heel

13&14 Left shuffle back

15-16 Step back on right and tap left toe across right, clicking fingers(left knee should be bent at

this point)

LEFT ROCK & CROSS, RIGHT ROCK & 1/4 TURN LEFT, STEP TAP TWICE

17&18 Rock out onto left, recover onto right and cross left over right

19&20 Rock out onto right, recover onto left turning ¼ left, step right foot forward

21-22 Step forward on left, tap right next to left, clicking fingers 23-24 Step back on right, tap left next to right, clicking fingers

LEFT SHUFFLE, ROCK STEP, FULL TURN RIGHT, SHUFFLE ½ TURN RIGHT

25&26 Left shuffle forward

27-28 Rock forward on right, recover on left

29-30 Make full turn over right shoulder stepping right, left 31&32 Make ½ turn shuffling over right shoulder (right, left, right)

SIDE BEHIND & CROSS, HOLD, ROCK STEP, CROSS SHUFFLE

33-34 Step left foot to side, cross right behind left

&35-36 Take small step to left, cross right over left and hold for one count, clicking fingers

37-38 Rock left foot out to side, recover onto right

39&40 Cross shuffle left over right

SIDE BEHIND & CROSS, HOLD, ROCK STEP, CROSS SHUFFLE

41-48 Repeat section 5 (33-40) leading right

STEP BACK LEFT, RIGHT, CROSS, STEP BACK RIGHT, LEFT CROSS, BACK ROCK, LEFT SHUFFLE FORWARD

Step back on left, step back on right (slightly behind left) and cross left over right Step back on right, step back on left (slightly behind right) and cross right over left

53-54 Rock back on left, recover onto right

55&56 Left shuffle forward

STEP, RONDE ½ TURN RIGHT, LEFT SHUFFLE FORWARD, JAZZ BOX ¼ TURN RIGHT

57-58 Step forward on right, sweep left foot from behind making a half turn right

59&60 Left shuffle forward

61-64 Jazz box ¼ turn right (taking weight on left to finish)

REPEAT

