

Helpless

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK)
音乐: Helpless - Kim Weston



ROCK FORWARD, ROCK, SHUFFLE BACKWARD, ROCK BACKWARD, ROCK, SHUFFLE FORWARD (12:00)

- 1-2 Rock forward onto right foot, rock onto left foot
- 3&4 Step backward onto right foot, close right foot next to left, step backward on right foot
- 5-6 Rock backward onto left foot, rock onto right foot
- 7&8 Step forward onto left foot, close right foot next to left, step forward onto left foot

(ALL STEPS FORWARD) DIAGONAL STEP RIGHT, DIAGONAL STEP LEFT, DIAGONAL SHUFFLE RIGHT, DIAGONAL STEP LEFT, DIAGONAL STEP RIGHT, DIAGONAL SHUFFLE LEFT (12:00)

- 9-10 Step right foot diagonally forward right, step left foot diagonally forward left
- 11&12 (Diagonally forward right) step forward onto right foot, close left foot next to right, step forward onto right foot
- 13-14 Step left foot diagonally forward left, step right foot diagonally forward right
- 15&16 (Diagonally forward left) step forward onto left foot, close right foot next to left, step forward onto left foot

SIDE STEP, ½ LEFT SIDE STEP, (ALL STEPS FORWARD) DIAGONAL SHUFFLE RIGHT, DIAGONAL STEP LEFT, DIAGONAL STEP RIGHT, DIAGONAL SHUFFLE LEFT (12:00)

- 17-18 Step right foot to right side, turn ½ left & step left foot to left side
- 19&20 (Diagonally forward right) step forward onto right foot, close left foot next to right, step forward onto right foot
- 21-22 Step left foot diagonally forward left, step right foot diagonally forward right
- 23&24 (Diagonally forward left) step forward onto left foot, close right foot next to left, step forward onto left foot

SIDE STEP, ½ LEFT SIDE STEP, 2X SAILOR STEP, STEP FORWARD, PIVOT ¼ LEFT (9:00)

- 25-26 Step right foot to right side, turn ½ left & step left foot to left side
- 27&28 Cross step right foot behind left, step left foot next to right, step right foot to right side
- 29&30 Cross step left foot behind right, step right foot next to left, step left foot to left side
- 31-32 Step forward onto right foot, pivot ¼ left (weight on left foot)

REPEAT
