

Deep Down

拍数: 32 墙数: 4 级数:
编舞者: Alan Robinson (UK)
音乐: I Just Wanna Be Happy - Gloria Estefan



When dancing to the recommended Gloria Estefan track "I Just Wanna Be Happy" count in on count 31 to get the right "feel" & flow to the dance.

Choreographed for and first taught at North Meets South 2000 in Kirby

ROCK RIGHT AND CROSS, BACK TOGETHER CROSS, ROCK OUT RIGHT WITH ¼ TURN LEFT, KICK BALL CHANGE

1-3 Rock out on right, replace weight on left, cross right in front of left
4&5 Step back on left, step right to right, cross left over in front of right
6-7 Rock out right on right, turning ¼ left replace weight on left
8&9 Kick right forward, replace weight on right, step on left

ROCK FORWARD, LOCK STEP FORWARD, PIVOT ½ RIGHT, COASTER STEP

10-11 Rock forward on right, replace weight back on left hooking right in front of left shin
12&13 Step forward on right, step left behind right, step forward on right
14-15 Step forward on left, keeping weight on left pivot ½ turn right
16&17 Step back on right, step in place on left, step forward on right

ROCK FORWARD, LOCK STEP FORWARD, ROCK FORWARD, LOCK STEP BACKWARD

18-19 Rock forward on left, replace weight back on right hooking left in front of right shin
20&21 Step forward on left, step right behind left, step forward on left
22-23 Rock forward on right replace weight on left
24&25 Step back on right, step left in front, step back on right

¼ ROCK LEFT, REPLACE WITH RIGHT, ½ SHUFFLE TURN RIGHT, ¼ ROCK RIGHT, ¼ ROCK LEFT, FORWARD CROSS MAMBO

26-27 Turning ¼ left rock on left, turning ¼ right replace weight on right
28&29 Turning ½ right step left, right, left
30-31 Rock back on right with ¼ turn right, replace weight on left with ¼ turn left
32& Rock right forward across left, replace weight on left

REPEAT