

Dance With Me

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Warren Mitchell (AUS)
音乐: Dance With Me - Debelah Morgan



ROCK RIGHT TO RIGHT, STEP ON SPOT, CHA-CHA ON SPOT

1-2-3&4 Rock right to right, step left on spot, cha-cha-cha on spot right-left-right

ROCK LEFT TO LEFT, STEP ON SPOT, CHA-CHA ON SPOT

5-6-7&8 Rock left to left, step right on spot, cha-cha-cha on spot left-right-left

STEP RIGHT-LEFT MAKING FULL TURN RIGHT - TO RIGHT, SHUFFLE TO RIGHT

9-10-11&12 Moving to right - step right-left making full turn to right, shuffle to right (right-left-right)

ROCK LEFT OVER, STEP ON SPOT, STEP LEFT TO LEFT, CROSS RIGHT OVER

13-14&15 Rock left over right, step right on spot, step left together, step right over left

SHUFFLE TO LEFT, TURN ½ TO RIGHT, SHUFFLE TO RIGHT

16&17-18&19 Shuffle to left (left-right-left), turn ½ to right (hinge turn), shuffle to right (right-left-right)

ROCK LEFT OVER, STEP ON SPOT, STEP LEFT TO LEFT, CROSS RIGHT OVER, STEP LEFT TO LEFT

20-21&22-23 Rock left over right, step right on spot, step left together, step right over left, step left to left

SHUFFLE TO RIGHT, ROCK LEFT OVER, STEP ON SPOT

24&25-26-27 Right side shuffle to right (right-left-right), rock left over right, step right on spot

SHUFFLE TO LEFT TURNING ½ LEFT, ROCK FORWARD, BACK

28&29-30-31 Left side shuffle to left (left-right-left) making ½ turn to left (optional 1 ¼ turns left), rock right forward, step left on spot

SHUFFLE BACK TURNING ½ TO RIGHT, ROCK FORWARD, BACK, LEFT COASTER STEP

32&33-34-35 Shuffle back right-left-right making ½ turn to right, rock forward on left, step right on spot
36&37 Step left back, step right together, step left forward (left coaster back)

KICK, & TOUCH LEFT, & TOUCH RIGHT, & TOUCH LEFT, & TOUCH RIGHT

38 Kick right forward
&39 Step right slightly back at 45 degrees right, touch left together
&40 Step left slightly back at 45 degrees left, touch right together
&41 Step right slightly back at 45 degrees right, touch left together
&42 Step left slightly back at 45 degrees left, touch right together

KICK, & TOUCH LEFT, RIGHT KNEE PUSH, LEFT KNEE PUSH

43 Kick right forward
&44 Step right together, touch left together
45-46 Put weight on left pushing right knee forward, put weight on right pushing left knee forward
47-48 Put weight on left pushing right knee forward, hold

REPEAT
