

Come As You Are

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alan Haywood (UK)
音乐: Come As You Are - Beverley Knight



SIDE ROCK, RECOVER, CROSS SHUFFLE, ¼ LEFT, ½ LEFT, FORWARD MAMBO

1-2 Left side rock, recover weight onto right
3&4 Cross step left over right, right to right side, cross step left over right
5-6 Make ¼ left stepping back on right, make a ½ left stepping left forward
7&8 Rock forward onto right, recover weight onto left, step right next to left

BACK SHUFFLE, SHUFFLE ½ RIGHT, STEP FORWARD, ¼ RIGHT, KICK, OUT, OUT

1&2 Step back on left, close right to it, step back on left
3&4 Step right ½ right, close left to it, step right forward
5-6 Step forward onto left, pivot ¼ right
7&8 Kick left forward, step left to left side, right to right side

SWAY LEFT, RIGHT, BEHIND AND ACROSS, SWAY RIGHT, LEFT, BEHIND AND ACROSS

1-2 Sway weight onto left, recover weight onto right
3&4 Step left behind right, step right to right side, step left over right
5-6 Sway weight onto right, recover weight onto left
7&8 Step right behind left, step left to left side, step right over left

STEP LEFT FORWARD, ½ RIGHT, HIP BUMPS (LEFT-RIGHT-LEFT) (RIGHT-LEFT-RIGHT), STEP LEFT FORWARD, PIVOT ¼ RIGHT

1-2 Step forward onto left, pivot ½ turn right
3&4 Step left forward bumping hips left right left
5&6 Step right forward bumping hips right left right
7-8 Step left forward, pivot ¼ right (weight end on right)

REPEAT

TAG

At the end of the 3rd wall

ROCK, RECOVER, LEFT COASTER, STEP FORWARD ½ LEFT, STEP FORWARD ½ LEFT

1-2 Rock forward onto left, recover weight onto right
3&4 Step back on left, step back on right, step left forward
5-6 Step forward onto right, pivot ½ left
7-8 Step forward onto right, pivot ½ left

ROCK, RECOVER, RIGHT COASTER, STEP FORWARD ½ RIGHT, STEP FORWARD ½ RIGHT

1-2 Rock forward onto right, recover weight onto left
3&4 Step back on right, step back on left, step right forward
5-6 Step forward onto left, pivot ½ right
7-8 Step forward onto left, pivot ½ right