

Commitment

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Nancy van Roon
音乐: Commitment - LeAnn Rimes



SHUFFLE FORWARD, STEP, TURN

1&2-3-4 Shuffle forward right-left-right, step forward on left, turn ¼ turn right

STEP BEHIND, SIDE CROSS, STEP BACK ¼ TURN LEFT, FORWARD ¼ TURN LEFT

1&2 Step left behind right, step right to side, step left over right

3-4 Turning ¼ turn left step back on right, turning ¼ turn left step forward on left

ROCK FORWARD, ROCK BACK, SIDE CROSS, STEP

1-2&3-4 Rock forward on right, rock back on left, step right to side, step left in front of right, step right to side

BEHIND, TURN ¼ turn RIGHT STEP FORWARD RIGHT, ROCK FORWARD, ROCK BACK

1-2-3-4 Step left behind right, turning ¼ turn right step forward on right, rock forward on left, rock back on right

CROSS SHUFFLE BACK, BACK RIGHT, BACK LEFT

1&2 Turning body 45 degrees right cross shuffle left over right

3-4 Straightening up step back on right, step back on left

CROSS SHUFFLE BACK, BACK LEFT, SIDE-CROSS

1&2-3&4 Turning body 45 degrees left cross shuffle right over left

3&4 Straightening up step back on left, step right to side, step left over right

STEP, SWAY

1-2-3-4 Stepping right to side sway hips right, left, right, left

TOGETHER, SIDE, SIDE, CROSS OVER, UNWIND ½

1&2-3-4 Touch right toe together, step right to side, step left to side, cross right over left, unwind ½ left

REPEAT
