Compliments



拍数: 32 墙数: 4 级数: Improver

编舞者: Shaz Walton (UK)

音乐: Compliments (feat. Brian And Tony Gold) - Red Dragon



BACK ROCK, STEP, KICK, BACK ROCK, 1/4 TURN, STEP, KICK

1-2	Rock diagonally back on left (angle body to left) recover weight onto right
3-4	Step left slightly to left side, kick right foot to right diagonal, (angle body to right)
5-6	Rock diagonally back on right (angle body to right) recover weight onto left
7-8	Step back right making a ¼ turn left, kick left diagonally left (angle body to left)

BACK ROCK, ½ TURN, STRUT, ½ TURN, STRUT, ROCK, RECOVER

1-2	Rock back on le	eft recover	weight onto rig
1-2	NOUN DACK OIL I	CIL, ICCOVCI	WEIGHT OHTO HE

3-4 Make ½ turn right stepping on the ball of left foot, drop left heel 5-6 Make ½ turn right stepping on ball of right foot, drop right heel

7-8 Rock forward on left, recover weight onto right

Option: to avoid the turns, strut forward left & right

STEP BACK, TOUCH, KNEE POPS, STEP BACK, TOUCH, KNEE POPS

1-2	Step back diagonally left, touch right beside left, (right knee towards left knee)
3-4	Pop left knee towards right knee, pop right knee towards left knee, (weight ends on left)
5-6	Step back diagonally right, touch left beside right, (left knee towards right knee)
7-8	Pop right knee towards left knee, pop left knee towards right knee, (weight ends on right)

1/4 STEP, 1/2 TURN 1/4 STEP, TOUCH, SIDE, BEHIND, STEP, CROSS, SIDE

1-2 Step left ¼ turn left, make ½ turn left, stepping back right

3-4 Step left ¼ turn left, touch right beside left

Option: to avoid the full turn, grapevine to the left

5-6 Step right to right side, cross step left behind right

&7-8 Step right beside left, cross step left over right, step right to right side

REPEAT