

Cosmic

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Mary Fitzgerald (UK)
音乐: Cosmic Girl - Jamiroquai



POINT CROSS X 3 UNWIND, CLAP

1-4 Point right toe to right side, cross right over left, point left toe to left side, cross left over right
5-8 Point right toe over left, cross right over left, unwind ½ turn to left, clap

¼ MONTEREY TURN TWICE, ½ MONTEREY TURN

9-10 Point left toe to left side, turn ¼ left stepping left beside right
11-12 Point right toe to right side, turn ¼ right, stepping right next to left (facing 6:00)
13-14 Point left toe to left side, turn ½ left stepping left next to right
15-16 Point right toe to right side, touch right beside left (facing 12:00)

RIGHT BEHIND, RIGHT TOGETHER, CROSS. REPEAT TO LEFT

17-20 Step right to right, cross left behind right, step right to right, step left beside right & cross right over left
21-24 Step left to left, cross right behind left, step left to left, step right beside left & cross left over right

RIGHT STEP, CROSS, LEFT STEP CROSS

25-26 Step right to right, step left next to right & cross right over left
27-28 Step left to left, step right beside left & cross left over right

¼ TURN, RIGHT BACK, LEFT BACK, RIGHT SHUFFLE BACK

29-30 Step right back into ¼ turn left, step left back at 9:00
31&32 Step right back, step back left, step back right
33-34 Step forward left into left turn, step right back ½ turn
35-36 Step left back into ½ turn, step right beside left
37-38 Rock forward on left, recover on right
39&40 Step left back into ¼ turn left, step back right, step forward left

RIGHT CHASSE, ½ TURN, ROCK LEFT & RIGHT

41&42 Right, together, right ½ turn right
43-44 Rock left, rock right

LEFT CHASSE, BEHIND ROCK, RIGHT CHASSE, BEHIND ROCK

45-46 Left, together, left
47-48 Cross rock right behind left, recover left
49&50 Right, together, right
51-52 Cross rock left behind right, recover right

¼ TURN LEFT, RIGHT BACK, LEFT COASTER STEP

53-54 Step left back into ¼ turn left, step right back
55&56 Step back left, step back right, step forward left

REPEAT
