

Bring It On

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Daniel Whittaker (UK)
音乐: Faith - Magill



WALK RIGHT LEFT, RIGHT MAMBO ROCK STEP, LEFT MAMBO ROCK STEP ¼ TURN, STEP PIVOT

1-2 Walk forward right, left
3&4 Rock right foot forward, replace weight back on left, step right beside left
5&6 Rock left foot forward, replace weight back on right, step left ¼ turn left
7&8 Step forward right foot, pivot ½ turn left, touch right beside left

RIGHT TOUCH, LONG SIDE STEP RIGHT, MAMBO ROCK ¼ TURN, ¾ PADDLE TURN, MAMBO ROCK STEP

1&2 Touch right to right side, touch beside left, step right foot long step to right
3&4 Rock left foot diagonally back behind right, replace weight on right, step left foot ¼ turn left
5&6 Make ¼ turn left and touch right to side, hitch right knee slightly, make ½ turn left and touch right to side
7&8 Rock right foot back, rock forward and replace weight on left, step right foot beside left

LEFT MAMBO ROCK, RIGHT LOCK STEP BACK, TRIPLE ¾ TURN LEFT, WALK FORWARD RIGHT LEFT

1&2 Rock forward left, replace weight back on right foot, step left beside right
3&4 Step right foot back, lock left foot over right foot, step right foot back
5&6 Triple ¾ turn left stepping left, right, left
7-8 Walk forward right, left

SWITCH STEPS HOOK ¼ TURN LEFT, HEEL JACK, SYNCOPATED KICK ROCK BUMP

1&2 Touch right to side, switch, touch left to side
&3&4 Switch, touch right to side, hook right behind left knee, make ¼ turn left
&5&6 Step right foot back, touch left heel forward, step weight on left foot, touch right beside left
7&8 Kick right foot forward, syncopate out right left

When syncopate out to the right-left, push your hips right-left

REPEAT
