

Build Me Up

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Build Me Up Buttercup - The Foundations



LEFT CHASSE BACK ROCK, RIGHT CHASSE BACK ROCK

1&2 Chasse to the left (left, right, left)
3-4 Rock back on your right behind left, rock forward on to left
5&6 Chasse to the right (right, left, right)
7-8 Rock back on your left behind right, rock forward onto right

KICK BALL POINT, CROSS UNWIND ½, CHASSE TO THE LEFT BACK ROCK

1&2 Kick left foot forward, replace weight on left, point right toe to side
3-4 Cross right foot over left, unwind a ½ turn left
5&6 Chasse to the left (left, right, left)
7-8 Rock back on your right behind left, rock forward on to left

POINT CROSS BY 3, UNWIND ¾ TURN WITH A TOUCH

1-2 Point right to the side, step right over left
3-4 Point left to the side, step left over right
5-6 Point right to the side, cross right left
7-8 Unwind a ¾ turn to the left, (weight remains on right), touch left toe in front

SHUFFLE FORWARD KICK BALL CROSS, SIDE ROCK, TRIPLE FULL TURN RIGHT

1&2 Left shuffle forward (left, right, left)
3&4 Right kick forward replace weight on right, cross left over right
5-6 Right side rock, recover weight on left
7&8 Triple step a full turn right (right, left, right)

REPEAT

TAG

At the end of the 4th and 8th wall

1-2 Side left rock recover
3&4 Triple step full turn left (left, right, left)
5-6 Side right rock recover
7&8 Triple step a full turn right (right, left, right)

All full turns can be replaced with sailor shuffle