

Bite My Lip

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Dom Yates (UK)
音乐: Bite My Lip - Shania Twain



SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE ½ TURN, FULL TURN

1&2 Step forward on right, slide left up to right, step forward on right
3-4 Rock forward on left foot, recover weight onto right
5&6 Step back on left making ¼ turn to left, slide right up to left, step left making ¼ turn left
7-8 Full turn to left stepping right, left

Option: walk forward right, left

SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE ½ TURN, FULL TURN

1-8 Repeat steps 1-8

STEP, LOCK, LOCK STEP, CROSS, SIDE, KICK, SIDE

1-2 Step forward on right, lock left up behind right
3&4 Step forward on right, lock left up behind right, step forward on right
5-6 Cross left over right, step right to right side
7-8 Kick left diagonally forward, step left to left side

SYNCOPATED CROSS HOLDS

1-2 Cross right over left, hold
&3-4 Step left to side, cross right over left, hold
&5&6 Step left to side, cross right over left, step left to side, cross right over left
&7-8 Step left to side, cross right over left, hold

POINTS, KICK, CROSS, HEEL BOUNCES UNWINDING ½ TURN

1-2 Point left to left side, step left next to right
3-4 Point right to right side, step right next to left
5-6 Kick left foot forward, cross left over right
7-8 Unwind ½ turn to right bouncing heels twice

STEP, SLIDE, HEEL SPLITS, TOE SPLITS

1-2 Step forward on right, hold
3-4 Slide left up to right over 2 counts
5-6 Split heels apart, bring heels together
7-8 Split toes apart, bring toes together (weight ends on left)

REPEAT
