

Beautiful Dance

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Zandra Varnham (SCO) & Craig Cooke (UK)
音乐: Beautiful - Christina Aguilera



SWAYS TWICE, SAILOR STEPS TWICE, STEP ½ TURN

- 1 Sway hips right
- 2 Sway hips left
- 3&4 Step right foot behind left, step down on the left, step right foot to the right side
- 5&6 Step left foot behind right, step down on right, step left to left side
- 7 Step forward on right foot
- 8 ½ turn over left shoulder (weight on left)

ROCK AND CROSS TWICE, SWAYS TWICE, STEP SLIDE, STEP

- 1&2 Rock right to right side, step down on left foot, cross right over left
- 3&4 Rock left to left side, step down on right foot, cross left over right
- 5 Sway hips right
- 6 Sway hips left
- 7 Large step to the right
- & Slide left foot next to the right
- 8 Step down on left

CROSS ROCK TWICE TRIPLE FULL TURN TWICE

- 1-2 Cross rock right over left. Rock back onto left
- 3&4 Make full turn right stepping right left right
- 5-6 Cross rock left over right, rock back onto right
- 7&8 Make full turn left stepping left right left

RIGHT ROCK FORWARD, RIGHT SHUFFLE BACK, LEFT ROCK BACK, LEFT SHUFFLE FORWARD

- 1-2 Rock forward on right foot, rock back onto left
- 3&4 Shuffle back on right foot
- 5-6 Rock back on left foot, rock forward onto right
- 7&8 Left shuffle forward

REPEAT
