

Aphrodisiac

拍数: 32 墙数: 4 级数: Improver
编舞者: Michelle Denney (UK)
音乐: My Aphrodisiac Is You - Katie Melua



WALKING, SHUFFLE, MAMBO, UNWIND

1-2 Step right foot forward. Step left foot forward
3&4 Step right foot forward, place left foot next to right, step right foot forward
5&6 Step left foot forward, replace back onto right foot, step left foot back
7-8 Cross right foot behind left foot and unwind ½ turn (turning right)

SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, SIDE, CROSS

1-2 Step left foot to left side, replace weight back onto right foot
3&4 Step left foot behind right, step right foot to right side, step left foot across right foot
5-6 Step right foot to right side, replace weight back onto left foot
7&8 Step right foot behind left, step left foot to left side, step right foot across left foot

CROSS BACK, COASTER, SHUFFLES

1-2 Step left foot across right foot turning ¼ left, step right foot back
3&4 Step left foot back, step right foot next to left, step left foot forward
5&6 Step right foot forward, place left foot next to right, step right foot forward
7&8 Step left foot forward, place right foot next to left, step left foot forward

ROCK STEP, ½ TURN SHUFFLE, ROCK STEP, CROSS BEHIND, HEEL JACK

1-2 Step right foot forward, replace weight back onto left foot
3&4 Step right ¼ turn right, step left next to right, step right forward turning ¼ turn right
5-6 Step left foot forward, replace weight back onto right foot
7& Step left behind right, step right to right side
8& Dig left heel diagonally forward, replace weight back onto left

REPEAT
