

# U Choose!

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Julie Carr (UK)  
音乐: Illegal - Shakira : (Album: Oral Fixation Vol 2)



**Start when heavy beat kicks in. She sings (you don't even know) ( 1 restart with Shakira, track)**

Or Music: Bozz Scaggs - Sierra (no Restart)

No First Choice, as both tracks are great in my opinion U,CHOOSE

**R Back, L cross, R coaster, L Forward rock quarter turn, L half turn, Touch L toe back.**

- 1-2                      R, long step back. Slide Left over R. (Weight on Left)
- 2&3                     R, Coaster step.
- 5&6                     Left Forward rock, recover back onto R, as you make a ¼ turn Left.
- 7-8                     Make a half turn Left, as you step back on to right. Weight on R, Touch L toe back (on 8)

**L, Ball Step, R Half turn, R Triple Full Turn, Quarter turn L, L half turn**

- &1-2                    L toe still back. L ball step forward onto right, make ½ turn Right As you step back Onto left.
- 3&4                    Make a Triple Full turn R, Traveling back R, L, R. (Weight on R)
- 5-6                    Make a quarter turn left, Stepping Forward onto L, Step R to R. (Turn upper body left as you put weight on L)
- 7&8                    Make half turn Left, = L over R, make ¼ turn left stepping back on R. ¼ turn left as you Step L-to-L side. (Face back wall)

**Turn R, L& R cross rock steps, Touch L, Sweep¼ turn L, L Rock recover on R, L Step lock, Step forward.**

- 1&2                    Make ½ turn R= R over L, Make ¼ turn as you stepping back onto L, ¼ turn R as you Step R to R.
- 3&4                    Slow casual, Cross Rock L over R, weight on R, Long step to L
- 5&6                    Slow casual, Cross Rock R over L, weight on L, Long step to R
- 7-8                    Touch L toe across R, & Sweep it round as you make a ¼ turn left. (Face 3 O'clock)

**Left rock back, Step lock step forward , R Rock ½ Turn , R-Side rock Recover.**

- 1-2                    Rock back onto L behind R, Then step forward onto R, weight on R.
- 3&4                    Left step forward lock R behind L, step forward on L
- 5&6                    Rock forward on R recover onto L as you make a ½ Turn R.
- 7-                     ½ Turn R as you step back on L.
- 8 &                    Rock R out to R, & Recover onto L. **READY TO RESTART.**

**RE-START FOR Shakira Track: (( very easy )) Wall 2, Dance section 1 up to count 7 , count Step back on L. Re-start dance. (Dance with a very casual attitude)**

Website: [www.the-dance-studio.co.uk](http://www.the-dance-studio.co.uk), E-mail: [carrjucol@aol.com](mailto:carrjucol@aol.com)