

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, Sweep ¼ 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)

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