What's Left Of Me

拍数: 32

级数: Intermediate

编舞者: Josie Lim (MY) - September 2007

音乐: What's Left of Me - Nick Lachey

Intro: 16 counts

Sequence: #30, 32, ##8, #30, 32, 32, 32, 32, 32, 26 You will end facing 12:00

墙数:4

R FWD, BRUSH FWD L, BRUSH BACK L, ½ L TURN-HOOK, CROSS STEP, SIDE ROCK, WEAVE

- 1, 2, 3 Step fwd on R, brush fwd L, brush L back
- 4 Turn ½ L on heel of R hitch and hook slightly L over R shin 6:00
- 5 Step L across R
- 6& R side rock, recover on L
- 7&8 Step R behind L, step L to L, cross R over L

Restart here during the 3rd Wall: Add "&" step L to R (you will be facing 12:00)

BALL CROSS, LONG L TO L, BALL CROSS, LONG R TO R, CLOSE, POINT R, CROSS R OVER L, UNWIND % L, SWEEP L

- &1, 2 Step ball of L to side L, Cross R over L, take a long step L to L
- &3, 4 Slide R to L, cross L over R, take a long step R to R
- &5 Close L to R, Point R toe to R,
- 6 Cross R over L
- 7, 8 Unwind ³/₄ L (wt. end on R), sweep L from front to behind R (no wt.) 9:00

STEP L BEHIND, ¼ R, L ANCHOR STEP, PRISSY WALK FWD, STEP, PIVOT ½ L, STEP FWD

- 1, 2 Step on L behind R, turn ¼ R step fwd R 12:00
- 3&4 Step ball of L behind R heel, step R in place, step L back
- 5, 6 Prissy walk fwd on R, L
- 7&8 Step fwd on R, pivot ½ L, step fwd on R 6:00

SWAY L-R, FWD SHUFFLE, ¼ L SWAY R-L, BACK ROCK, RECOVER

- 1, 2 Sway L on L, sway R
- 3&4 Shuffle fwd on L-R-L
- 5, 6 Turn ¼ L on ball of L Sway R, sway L 3:00

Restart here during 1st and 4th Wall (both facing 3:00)

7, 8 R back rock, recover onto L