

4 am

拍数: 24 墙数: 4 级数: Improver
编舞者: Richard Dawkins (UK) - October 2007
音乐: 4am - Cherry Ghost



Start after 46 sec. - At start of vocals you should be on step 3.

Side, Together, Forward, Step pivot 1/4 Left, Cross, 1/4 Right x 2, Step, Cross, Back, 1/4 Right

- 1 & 2 Step left to left side, Step right beside left, Step forward on left.
- 3 & 4 Step right forward pivoting ¼ turn left, Cross right over left.
- 5 & Make 1/4 turn right stepping back on Left, make 1/4 turn right stepping right to right side,
- 6 Step forward left.
- 7 & 8 Cross right over left, Step back on left, Make 1/4 turn right stepping right to right side

Cross kick Left & Right & Left, 1/4 turn Left, Syncopated Monterey 1/2 turn right x 2, Cross

- 1 & 2 & Kick left across right, step left beside right, kick right across left. Step right beside left
- 3 & Kick left across right, on ball of right foot pivot 1/4 turn left, Stepping left to left side,
- 4 Point right to right side
- & 5 On ball of left make 1/2 turn right stepping right beside left. Touch left to left side
- & 6 Step left beside right, Point right to right side
- & 7 On ball of left make 1/2 turn right stepping right beside left, Touch left to left side
- & 8 Step left beside right, Cross right over left.

Side, Right Sailor 1/4, Walk, Rock, Recover, 1/2 turn right, 3/4 turn right, touch Left

- 1 Step left to left side
- 2 & 3 Cross right behind left, Step left beside right, Make 1/4 turn right stepping forward right.
- 4 Walk forward left
- 5 & 6 Rock forward on right, Recover onto left, Make 1/2 turn right stepping forward on right
- 7 & Make 1/2 turn right stepping back on left, Make 1/4 turn right stepping right to right side
- 8 Touch left beside right

Begin again.
