

Bleedin' 'L'

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Chelle Emptage (UK) & Kev Emptage (UK) - October 2007
音乐: Bleeding Love - Leona Lewis



Side rock, Back rock, Side rock, Behind Side forward

1-2 Rock right to right side, replace weight in left
3-4 Rock back no right, slightly behind left, replace weight in left
5-6 Rock right to right side, replace weight in left
7&8 Step right behind left, step left to left side, step right forward

Pivot ½ turn, Shuffle ½ turn, Back rock, Shuffle forward

9,10 Step forward left, pivot ½ turn right, weight in right foot
11&12 Pivot ½ turn right stepping back on left foot, close up right to left, step back on right
13,14 Rock weight back in right foot, replace weight in left
15&16 Step forward right, close left to right, step forward right

Side rock, Back rock, Side rock, Behind side forward

17-24 Repeat steps 1-8 but leading with left foot first

Pivot ½ turn, Shuffle ½ turn, Back rock, Shuffle forward

25-32 Repeat steps 9-16 but leading with right foot first

Skate x2, Shuffle forward, Skate x2, Shuffle forward

33,34 Skate forward on right then left
35&36 Shuffle forward right, left, right
37, 38 Skate forward on left then right
39&40 Shuffle forward left, right, left

Rock replace, ¼ turn side close side, cross side, behind side cross

41,42 Rock weight forward on to right, replace weight back in left
43&44 Turn ¼ right on to right foot, close up left, step right to right side
45,46 Step left across right, step right to right side
47&48 Step left behind, right to right side, cross left over right

Side rock, cross shuffle, side tap x2

49,50 Rock weight on to right, replace weight in left
51&52 Step right across left, step left to left, step right across left
53,54 Step left to left side, tap right toe next to left foot (click fingers)
55&56 Step right to right side, tap left toe next to right foot (click fingers)

Make ¼ turn tap, back tap, shuffle forward, pivot ½ turn

57, 58 Turn ¼ left onto left foot, tap right next to left
59&60 Step back right, tap left next to right
61&62 Shuffle forward left, right, left
63, 64 Step forward right, pivot ½ turn left (weight ends in right foot)

Begin again.

TAG (danced after 32 counts of second wall, and at end of dance)

1,2 Step forward on right foot, turn ¼ turn left replacing weight in left foot)
3-8 Repeat steps 1-2

DANCE INSTRUCTIONS

Dance through once, then first 32 counts of second wall, then Tag.

Dance through further 4 times, finishing with tag.

After last tag, step forward right foot, spread hands out to both sides to finish.
