

Need A Hug

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sadiyah Heggernes (NOR/UK) - March 2008
音乐: Put Your Arms Around Me - Natasha Bedingfield : (CD: Pocketful Of Sunshine)



(16 Count Intro – start on vocals)

Slide Ball Cross, Back, Side, Sailor ¼ Turn, Step, Pivot

1&2 Slide right toe diagonally right, step right slightly back, cross left over right
3-4 Step back on right, step left to left side
5&6 Cross right behind left making ¼ turn right, step left beside right, step forward right
7-8 Step forward on left, ½ turn right (weight stays on right) 9:00

Slide Ball Cross, Back, Side, Sailor ½ Turn, Cross, Syncopated Lock Step

1&2 Slide left toe diagonally left, step left slightly back, cross right over left
3-4 Step back on left, step right to right side 9:00
5&6 Cross left behind right, turning ½ turn left, step right beside left, cross left over right
&7 Lock right behind left, step forward on left
&8 Lock right behind left, step forward on left 3:00

Full Turn, Coaster Step, Step, Sway, Chasse ¼ Turn

1-2 ½ turn right stepping forward right, ½ turn right stepping back on left
3&4 Step back on right, step left beside right, step forward on right 3:00
5-6 Small step forward on left swaying left, then right
7&8 ¼ turn right stepping left to left side, close right beside left, step left to left side 6:00

Back Rock, ¼ Turn, Step, Kick Ball Touch, Diagonal Skates

1& Rock back on right, recover weight on left
2 ¼ turn right stepping forward on right 9:00
3&4 Kick left forward, step left beside right, touch right beside left
5-6 Skate diagonally right, left
7-8 Skate diagonally right, left 9:00
