

Fill Me Up

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Watson (AUS) - May 2008
音乐: Ooh Ooh Baby - Britney Spears : (CD: Blackout)



Two restarts, non country song, start on vocals weight on L foot

Side Rock Replace, Behind, Side, Cross. ¼ Left Rocking forward, replace, step back and drag together.

- 1,2,3&4 Rock R foot to R Side, Replace weight onto L, Step R foot behind L, Step L to L Side and Cross R over L
- 5,6,7,8 ¼ turn L as you rock forward onto L (9 O Clock Wall), replace weight onto R, Step L foot back drag R towards L, keeping weight on L foot.

Touch Back, ½ Turn, Rock Replace, Rock Replace, ½ turn R shuffle forward.

- 1,2,3,4 Touch R toe back, ½ turn R on balls of feet, taking weight back onto L, Rock Back on R, Forward onto L. (3 O Clock)
- 5,6,7&8 Rock Forward onto R, Back onto L, ½ turn Right Shuffle Forward R,L,R* (9 O Clock)

Hip Hold & Click, Hip Hold & Click, Coaster Step, ¼ pivot

- 1,2,3,4 Step L forward to L diagonal as pushing L hip forward, Hold & Click, Push R hip Back, Hold & Click.
- 5&6,7,8 Step L foot back, bring R together with L and step forward onto L, Step R foot forward ¼ Turn L, taking weight onto L

Walk R,L ¼ Turn L stepping R to R Side and cross point, Samba Step, Cross Point

- 1,2&3,4 Walk forward R,L, ¼ turn L stepping L to L side, cross R over L and point L toe to L Side.
- 5&6,7,8 Cross R over L, Step L to L side and recover onto R, Cross L over R and Point R toe to R side.

Restart Dance in New Direction

RESTARTS:

On wall 4 You will do 16 beats of the dance instead of doing the half turn shuffle, simple ½ turn step together and start again on wall 5.

Again on wall 8 you will do the same restart.

Choreographers Note, remember at the end to keep weight on L. Different music but I hope you enjoy it.