

Sing It Back

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Sing It Back - Moloko



Count in: Approximately 48 counts from guitar beats, on words "when you are ready"

(1-8) COASTER STEP, ½ PIVOTS X2, SAILOR STEP, CROSS KICK BALL SIDE

- 1&2 Step back on left foot, step right foot next to left, step left foot forward
3,4 Make a ½ turn right and step forward on right foot, make a ½ turn right and step back on left foot
5&6 Cross right foot behind left foot, step left foot to left side, step right foot to right diagonal
7&8 Kick left foot across in front of right, step ball of left foot to left side, step right foot to right side

(9-16) JAZZ BOX, HIP BUMPS

- 1,2 Cross left foot over right foot, step back on right foot
3,4 Step left foot to left side, cross right foot over left
5,6 Step left foot to left side and bump hips to left side twice
7,8 Bump hips to right, bump hips to left

(17-24) FULL TURN, SIDE, HOLD BALL CROSS, SIDE, BEHIND ¼ TURN

- 1,2 Make a ¼ turn right and step forward on right foot, make a ½ turn right and step back on left foot
3,4 Make a ¼ turn right and step right foot a big step to right side, hold a count
&5,6 Step back on ball of left foot, cross right foot over left, step left foot to left side
7&8 Cross right foot behind left foot, make a ½ turn left and step forward on left foot, step forward on right foot

(25-32) ROCKING CHAIR, STEP PIVOT 1/2 TURN, ½ TURN WALKS BACK

- 1,2 Rock forward on left foot, recover weight onto right foot
3,4 Rock back on left foot, recover weight onto right
5,6 Step forward on left foot, pivot ½ turn right (weight ends on right foot)
7,8 Make a ½ turn right and step back on left foot, step back on right foot

START AGAIN AND ENJOY!
