

Inhibitions

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2008
音乐: Inhibitions - Alcazar



Start on verse vocals on the word ... IF

(1-8) R side touch, hold, L & R side switches, R fwd rock & recover, R ball cross

1-2 Touch R toes side, hold
&3&4 Step R together, touch L toes side, step L together, touch R toes side
5-6 Rock R forward, recover weight on L
&7-8 Step R back, cross step L over R, step R side

(9-16) Weave R 2, L cross rock & recover, L ball cross into ½ R hinge turn, L cross step

1-4 Cross step L behind R, step R side, cross rock L over R, recover weight on R
&5-6 Step L back, cross step R over L, turning ¼ right step L back
7-8 Turning ¼ right step R side, cross step L over R (6 o'clock)

(17-24) R side hold, R side, L touch together, vine L with ¼ L

1-2& Step R side, hold, step L together
3-4 Step R side, touch L together
5-8 Step L side, cross R behind L, turning ¼ left step L forward, step R forward (3 o'clock)

(25-32) L fwd rock & recover, L together, R touch step, hold, L fwd rock & recover, L coaster cross

1-2 Rock L forward, recover weight on R
&3-4 Step L together, touch R together (R knee popped forward), hold
&5-6 Step right foot in place, rock L forward, recover weight on R
7&8 Step L back, step R together, cross step L over R

(33-40) R toe strut, L back rock & recover, vine L with L ball cross ¼ L turn

1-4 Touch R toes side, step R heel down, rock L back, recover weight on R
5-6 Step L side, cross step R behind L
&7-8 Step L side, cross step R over L, turning ¼ left step L forward (12 o'clock)

(41-48) Turn ¼ L & R toe strut, L back rock & recover, vine L with L ball cross ¼ L turn

1-4 Turning ¼ left step R toe side, step R heel down, rock L back, recover weight on R
5-6 Step L side, cross step R behind L
&7-8 Step L side, cross step R over L, turning ¼ left step L forward (6 o'clock)

(49-56) ¾ L turn, R & L cross points, R coaster step

1-2 Turning ½ left step R back, turning ¼ left step L side (9 o'clock)
3-6 Cross step R over L, point L side, cross step L over R, point R side
7&8 Step L back, step R together, step L forward

(On final wall you will get this far, step L forward and strike a pose!)

(57-64) L fwd rock & recover, ¼ L & L together, R fwd, ¼ L pivot turn, R jazz box

1-2 Rock L forward, recover weight on R
&3-4 Turning ¼ left step L together, step R forward, pivot ¼ left
5-8 Cross step R over L, step L back, step R side, step L forward (3 o'clock)