Multiply

级数: Intermediate

编舞者: Paul McAdam (UK) - August 2008

音乐: Multiply - Jamie Lidell

Count In: Approximately 16 counts into song on vocals.

(1-9) Walks X 3, Richt Shuffle, Rock, ¼ Sweep, Sailor Step

- 1,2,3 Walk forward on left foot, walk forward on right foot, walk forward on left foot
- 4&5 Right shuffle forward
- 6,7 Rock forward on left foot, make a ¼ turn left and sweep left foot back
- 8&1 Left sailor step

拍数: 32

(10-18) Cross-Side, Behind-Side-Cross, Side Rock, Cross Back Together

- 2,3 Cross right foot over left, step left foot to left side
- 4&5 Cross right foot behind left, step left foot to left side, cross right foot over left
- 6,7 Rock left foot to left side, recover weight onto right
- 8&1 Cross left foot over right foot, step back on right foot, step left foot next to right leaning forward slightly

(19-25) ¾ Turn With Kick-Ball-Cross, Side Rock, Cross Shuffle

- 2,3 Step forward on right foot, make a ¹/₂ turn right and step back on left foot
- 4&5 Kick right foot forward, make a ¼ turn right and step ball of right foot to right side, cross left foot over right foot
- 6,7 Rock right foot to right side, recover weight onto left foot
- 8&1 Right cross shuffle

(26-32) Side Mambo Rocks X2, Rock Forward, Full Turn

- 2&3 Rock left foot out to left side, recover weight onto right foot, step left foot next to right
- 4&5 Rock right foot out to right side, recover weight onto left foot, step right foot next to left
- 6,7 Rock forward on left foot, recover weight onto right foot
- 8&1 Make a ½ turn left and step forward on left foot, step right foot next to left, make a ½ turn left and step forward on left foot to start the dance again.

Start Again And Enjoy!





墙数:2