Bring It On Cha

级数: Beginner

编舞者: Gillian Butler (UK) - October 2008

音乐: Bring It On - Leon Jean-Marie

拍数: 32

墙数:4





Start dancing on lyrics

Right Side Shuffle, Rock And Recover, Left Side Shuffle, Rock And Recover

- 1&2 Step right to side, step left together, step right to side
- 3-4 Rock left back left, recover to right
- 5&6 Step left to side, step right together, step left to side
- 7-8 Rock right back, recover to left

1/4 Turn Left, Right Side Shuffle, Rock And Recover, Left Side Shuffle, Rock And Recover

- 1&2 Turn ¹/₄ left and step right to side, step left together, step right to side
- 3-4 Rock left back, recover to right
- 5&6 Step left to side, step right together, step left to side
- 7-8 Rock right back, recover to left

Right Shuffle Forwards, Rock And Recover, Left Shuffle Backwards, Rock And Recover

- 1&2 Step right forward, step left together, step right forward
- 3-4 Rock left forward, recover to right
- 5&6 Step left back, step right together, step left back
- 7-8 Rock right back, recover to left

Right Shuffle Forward, Pivot ½ Turn Right, Step Left, Step Right, Dip Down And Up

- Step right forward, step left together, step right forward 1&2
- 3-4 Step left forward, turn 1/2 right (weight to right)
- 5-6 Step left forward, step right to side
- 7-8 Bend both knees (as though sitting), stand up (weight to left)

Repeat