

100% Pure

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Laura K. - November 2008
音乐: 100% Pure Love - Crystal Waters



Start 32 counts after she whispers "pure love"

Lunge, Recover, Cross X4

- 1,2 Step to right about a shoulder width, putting weight on right, recover left and cross right over left
3,4 Step left about a shoulder width, putting weight on left, recover on right and cross left over right
5,6,7,8 Repeat counts 1-4 above

Heel Switches, ½ Turn Pivot, Walking Knee Pops

- 1&2& Put right heel forward, step right beside left, put left heel forward, step left beside right
3,4 Step forward on right, pivot ½ turn to left, putting weight on left (6:00)
5,6 Step forward right on straight leg while popping left knee, step forward left on straight leg while popping right knee
7,8 Repeat counts 5,6 above

Rolling Vine, Rolling Vine With ¼ Turn & Point

- 1,2 Make ¼ turn right stepping onto right, make ½ turn right stepping back onto left
3,4 Make ¼ turn right stepping to side on right, point left toe to left side
5,6 Make ¼ turn left stepping onto left, make ½ turn left stepping back onto right
7,8 Make ½ turn left stepping forward on left, point right toe to right side (3:00)

Cross Points X2, Right ¼ Turn Jazz Box With A Cross

- 1,2 Cross right over left, point left toe to left side
3,4 Cross left over right, point right to right side
5,6 Cross right over left, make ¼ right stepping back onto left
7,8 Step right to right side, cross left over right (6:00)

Side Shuffle, Rock & Recover X2

- 1&2 Step right to right side, step left beside right, step right to right side
3,4 Rock left behind right, recover onto right
5&6 Step left to left side, step right beside left, step left to left side
7,8 Rock right behind left, recover onto left

Kick Ball Cross X2, ¼ Turn Hip Rolls X2

- 1&2 Kick right forward, step right beside left, cross left slightly over right
3&4 Kick right forward, step right beside left, cross left slightly over right
5,6 Step right slightly forward and roll hips ¼ turn to left (weight ends on left)
7,8 Step right slightly forward and roll hips ¼ turn to left (weight ends on left) (12:00)

Kick Ball Points X 4

- 1&2 Kick right forward, step right beside left, point left toe to left side
3&4 Kick left forward, step left beside right, point right toe to right side
5-8 Repeat counts 1-4 above

Cross, ¼, Coaster Step, Step & Drag X 2

- 1,2 Step right over left, make ¼ turn right stepping back on left (3:00)
3&4 Step back right, step left beside right, step forward right

5,6 Step forward left, drag right behind left while pushing hips forward and step on right
7,8 Step forward left, drag right beside left while pushing hips forward and touch right beside left

Start Again

Restart-On 4th wall after 56 counts (after kick ball points-start at beginning)
