Meet Me Halfway



拍数: 64 墙数: 4 级数: Intermediate

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音乐: Meet Me Halfway - Black Eyed Peas: (UK Single Edit- itunes - 3:46)



Start on ...'Cool'

1-2	Cross step right over left. Rock left to left.
3-4	Recover on right. Step left beside right.
5-6	Cross rock right over left. Recover on left

7-8 Cross rock right over left. Hitch left knee. (Use Hips on counts 5-6-7)

Step. Hitch. ¼ hitch. Step. Together. Cross. ¼. ½

1-2	Step left forward. H	litch right knee.

3-4 Make ½ right as you hitch right again. Step right to right.

5-6 Step left beside right. Cross step right over left.

7-8 Make ¼ right stepping back left. Make ½ right stepping right forward.

Side. Drag. Ball. Cross. Side. Heel 1/4. Hold. Ball forward. 3/4 spiral.

1-2 Step left big step left. Drag right to left.

Step right beside left. Cross left over right. Step right to right side.

Make ¼ left bending right knee & digging left heel forward. HOLD

&7-8 Step left beside right. Step right forward. Make ¾ turn left on ball of right.

Dip. Recover. ½. Cross. Unwind ½. Cross. Touch. Sit.

1-2 Step left to left as you bend both knees. Straighten up as you make ½ left on ball of right.

3-4 Step left to left. Cross right over left.
5-6 Unwind ½ turn left. Cross right over left.
7-8 Touch Left to left. Sit over left hip. (weight left)

Touch. Side/dip. ¼ touch. Side. ¼ touch. ¼ back. Together.

1-2 Touch right beside left. Step/dip right to right side.

3-4 Make a ¼ left touching left beside right. Step/dip left to left side. 5-6 Touch right beside left making a ¼ left. Step right to right.

7-8 Make ¼ left Stepping back left. Step back right.

Forward. Touch. Ball step. Touch. Back. Back. Out. Out. Slide up.

1-2 Take a big step forward left. Touch right beside left.

Step slightly back with right. Step forward left. Touch right beside left.

5-6 Step back right. Step back left.

&7-8 Step right to right. Step left to left. (Bend knees on counts &7) With weight evenly placed,

slide both feet together to resume standing position

Side, Hold, Extended shuffle, Cross, Full turn, Side, Behind, Side, Cross,

1-2 Step right to right. HOLD

Step left beside right. Step right to right side. Step left beside right. Step right to right side.

(HIPS!!)

5-6 Cross left over right. Unwind a full turn right. (weight right)

7 Step left to left side.

8&1 Cross right behind left. Step left to left. Cross right over left.

Hold. Side cross. ¼. Rock. Recover. ¾ . Walk x2.

Hold.

&3-4 Step left to left side. Cross right over left. Step forward ¼ left.

5-6 Rock right forward. Recover on left.

7-8 Make ¾ turn right stepping right forward. Step left beside right.

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