

Be Back Soon

拍数: 112 墙数: 1 级数: Intermediate
编舞者: Debbie McLaughlin (UK) - May 2010
音乐: Be Back Soon - Justin Nozuka : (Album: Holly)



Count In: 16 counts after beat kicks in, on lyrics 'I'm tired..'

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1 2 Rock R out to R, Recover weight onto L
3&4 Cross R behind L, Step L to L, Cross R over L
5 6 Rock L out to L, Recover weight onto R
7&8 Cross L behind R, Step R to R, Cross L over R

ROCK, RECOVER, BACK LOCK BACK, STEP, CROSS BACK BACK, STEP

1 2 Rock forward onto R, Recover back onto L
3&4 Step back on R, Lock L over R, Step back on R
5 6 Making ½ turn L Step forward on L, Cross R over L (6 o clock)
&7 8 Step back on L, Step R to R, Step L forward

ROCK, RECOVER, BACK LOCK BACK, COASTER STEP, WALK WALK

1 2 Rock forward onto R, Recover back onto L
3&4 Step back on R, Lock L over R, Step back on R
5&6 Step back on L, Step R next to L, Step L forward
7 8 Walk forward R, Walk forward L

STEP TURN STEP, TURN TURN, OUT OUT, KNEE POP x3

1&2 Step R forward, pivot ½ turn L taking weight forward onto L, Step R forward (prepping to turn)
3 4 Make ½ turn R stepping back on L, make ½ turn R stepping forward on R (12 o clock)
&5 Step L to L, Step R to R
6 7 8 Pop both knees three times (raising heels off of the floor knees bent, drop heels straightening knees) End weight on L

CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE ROCK, CROSS, BACK, SIDE SHUFFLE

1&2& Cross rock R over L, Recover back onto L, Rock R out to R, Recover back onto L
3&4& Cross rock R over L, Recover back onto L, Rock R out to R, Recover back onto L
5 6 Cross R over L, Step back on L
7&8 Step R to R, Step L next to R, Step R to R

CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE ROCK, CROSS BACK, ¼ TURN, ½ TURN, BACK

1&2& Cross rock L over R, Recover back onto R, Rock L out to L, Recover back onto R
3&4& Cross rock L over R, Recover back onto R, Rock L out to L, Recover back onto R
5&6 Cross L over R, Step back on R, Make ¼ turn L stepping forward L
7 8 Make ½ turn L stepping back on R, Step back on L (3 o clock)

COASTER STEP, WALK WALK, STEP TURN STEP, KICK BALL CHANGE

1&2 Step back on R, Step L next to R, Step forward R
3 4 Walk forward L, Walk forward R
5&6 Step forward L, Pivot ½ turn R taking weight forward onto R, Step L forward
7&8 Kick R forward, Step R next to L, Step L slightly forward (9 o clock)

HEEL & HEEL & TOUCH & HEEL & CROSS, 1/4 TURN, COASTER STEP

1&2& Touch R heel forward, Step R next to L, Touch L heel forward, Step L next to R
3&4& Touch R toe next to L, Step R next to L, Touch L heel forward, Step L next to R

5 6 Cross R over L, Make ¼ turn R stepping back on L (12 o clock)

7&8 Step back on R, Step L next to R, Step R forward

***** This is where your tag will be done, during the third wall *****

CROSS, SIDE, BEHIND, ¼ TURN, STEP ¾ TURN, SIDE SHUFFLE

1 2 Cross L over R, Step R to R

3 4 Cross L behind R, Make ¼ turn R stepping forward R

5 6 Step forward L, Pivot ¾ turn R taking weight onto R (12 o clock)

7&8 Step L to L, Step R next to L, Step L to L

SAILOR STEP, SAILOR STEP, BEHIND, ¼ TURN, STEP ½ TURN

1&2 Cross R behind L, Step L slightly to L, Step R to R

3&4 Cross L behind R, Step R slightly to R, Step L to L

5 6 Cross R behind L, Make ¼ turn L stepping forward L

7 8 Step forward R, Pivot ½ turn L taking weight forward onto L (3 o clock)

STEP ROCK RECOVER, STEP ROCK RECOVER, CROSS, BACK, ¼ TURN, CROSS

1&2 Step forward R, Rock L out to L, Recover back onto R

3&4 Step forward L, Rock R out to R, Recover back onto L

5 6 Cross R over L, Step back on L

7 8 Make ¼ turn R stepping R to R, Cross L over R (6 o clock)

HOLD & TOUCH, TURN TOUCH, & ROCK, CROSS, ¼ TURN, ½ TURN, SIDE

1&2 Hold count 1, Step R to R, Touch L next to R

&3&4 Make ¼ turn L stepping forward L, Touch R next to L, Rock R to R, Recover back onto L

5 6 Cross R over L, Make ¼ turn R stepping back L

7 8 Make ½ turn R stepping forward R, Step L to L (12 o clock)

CROSS, SIDE, BEHIND & HEEL &, CROSS, SIDE, COASTER STEP

1 2 Cross R over L, Step L to L

3&4& Cross R behind L, Step L slightly to L, Touch R heel forward to R diagonal, Step R next to L

5 6 Cross L over R, Step R to R

7&8 Step back on L, Step R next to L, Step L forward

STEP ½ TURN, STEP ½ TURN, CROSS, BACK, SIDE, STEP

1 2 Step R forward, Pivot ½ turn L taking weight forward onto L

3 4 Step R forward, Pivot ½ turn L taking weight forward onto L

5 6 Cross R over L, Step L back

7 8 Step R to R, Step L forward

TAG: THIRD WALL - Dance the first 64 counts then add in the below 8 count tag and continue the dance from count 65 (Facing 12 o clock)

1 2 3 4 Step L forward, Pivot ½ turn R (weight fwd on R), Step L forward, Pivot ½ turn R (weight fwd on R)

5 6 7 8 Cross L over R, Step R back, Step L to L, Step R forward (Ready to cross L over R into the weave...)

REPEATS: At the end of the third wall, repeat the last 16 counts of the dance TWICE more to bring you to the end of the song.

If you slow down the very last 8 counts, the song will finish on your jazz box.

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