

Bring It On

拍数: 32 墙数: 4 级数: Beginner
编舞者: Pam Cassells (AUS) - September 2008
音乐: Bring It On - Clelia Adams : (CD: Bring It On)



Start Position: Feet together - with weight on L foot.

Starts on vocals – 16 counts in - Rotation: 90°L

KICK R, TOUCH TOGETHER, R TO R SIDE, R BEHIND, R CAMEL, TOUCH.

1,2 Kick R forward, touch R beside L,
3,4 Touch R to R side, touch R behind L,
5,6,7,8 R Camel – step R to R45, step L beside R, step R to R45, touch L beside R,

KICK L, TOUCH TOGETHER, L TO L SIDE, L BEHIND, L CAMEL, TOUCH.

1,2 Kick L forward, touch L beside R,
3,4 Touch L to L side, touch L behind R,
5,6,7,8 L Camel – step L to L45, step R beside L, step L to L45, touch R beside L,

ROCK R, ROCK L, STEP R OVER L, HOLD, STEP L TO L, STEP R BEHIND, L TO L SIDE, R OVER L.

1,2 Step/rock R to R side, rock/replace weight onto L,
3,4 Step R across in front of L, hold for one count,
5,6 Step L to L side, step R behind L,
7,8 Step L to L side, step R across in front of L,

ROCK L, ROCK R, TURN 90° L – STEP L BACK, HOLD, CROSS, BACK, ROCK BACK, ROCK FWD.

1,2 Step/rock L to L side, rock/replace weight onto R,
3,4 Turning 90 degrees L – step L back, hold for one count,
5,6 Step R across in front of L, step L back,
7,8 Step/rock R back, rock/replace weight forward onto L.

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REPEAT DANCE IN NEW DIRECTION

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