

Pack Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Craig Bennett (UK) - July 2010
音乐: Pack Up - Eliza Doolittle : (CD Single)



(1-8) Rock, Recover, Cross, Rock, Recover, Cross, Rock ¼ turn

1,2,3 Right side rock, Recover onto left, Cross right over left
4,5,6 Left side rock, Recover onto right, Cross left over right
7-8 Rock right to right side, recover onto left making a ¼ turn left (9.00)

(9-16) Right strut, left Strut, Step ½ turn, Right shuffle

1-2 Right toe touch forward, Place right heal down
3-4 Left toe touch forward, Place left heal down
5-6 Step forward onto right, make a ½ turn pivot left (3.00)
7&8 Step forward onto right, Bring left next to right, Step forward onto right

(17-24) Make ½ , ¼ , Left cross shuffle, Right side rock, Behind cross

1-2 Make a ½ turn right stepping back onto left, Make a ¼ turn right stepping right to right side (12.00)
3&4 Cross left over right, step right to right side, Cross left over right
5-6 Rock right to right side, recover onto left
7-8 Cross right behind left, Step left to left side

(25- 32) Jazz box right, making a ¼ right (over 8 counts)

1-2 Cross right over left, Hold
3-4 Step back onto left, Hold
5-6 Make a ¼ turn right stepping forward onto right, Hold (3.00)
7-8 Step left forward, Hold

(33-40) Right shuffle forward, Rock forward, ½ turn shuffle, Step right ½ turn

1&2 Step right forward, Close left next to right, Step forward onto right
3-4 Rock forward onto left, Recover back onto right
5&6 Step forward onto left making a ½ left, Close right to left, Step left foot forward (9.00)
7-8 Step forward onto right, Make a ½ turn left (3.00)

(41-48) Right vine, Cross, ¼ Monterey, Touch

1-2 Step right to right side, Step left behind right
3-4 Step right to right side, Cross left over right
5-6 Touch right to right side, Make ¼ turn right stepping right in place (6.00)
7&8 Touch left to left side, Step left in place, Touch right to right side

(49-56) ¼ turn, Touch and touch, Hitch, Right jazz box

1-2 Make ¼ turn right stepping right in place, Touch left to left side (9.00)
&3,4 Step left next to right, touch right to right side, Hitch right knee up
5-6 Cross right over left, Step back onto left
7-8 Step right to right side, Step left forward

(57-64) Side rock behind, Side rock, Sailor ¼ turn (over 3 counts)

1,2,3 Rock right to right side, Recover onto left, Step right behind left
4-5 Rock left to left side, Recover onto right
6,7,8 Step back on left making a ¼ turn left, Step right next to left, Step forward onto left (6.00)

Begin Again

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