

Look Inside

拍数: 32 墙数: 2 级数: Beginner
编舞者: Lotte Petersen (DK) - September 2010
音乐: F**k You - Lily Allen



Intro: 32

Section 1: Kick, Point, Coaster Step x2.

- 1 – 2 Kick right forward. Point right to right side.
- 3 & 4 Step back on right. Step left next to right. Step forward right.
- 5 – 6 Kick left forward. Point left to left side.
- 7 & 8 Step back on left. Step right next to left. Step forward left.

Section 2: Cross Point x2, Left Weave.

- 1 – 2 Cross right over left. Point left toe to left.
- 3 – 4 Cross left over right. Point right toe to right.
- 5 – 6 Cross right over left. Step left to left.
- 7 – 8 Step right behind left. Step left to left.

Section 3: Cross Rock, ¼ Turn Shuffle.

- 1 – 2 Right cross rock over left. Recover on right.
- 3 & 4 Step right to right. Step left next to right. Step ¼ turn right forward.
- 5 – 6 Left cross rock over right. Recover on left.
- 7 – 8 Step left to left. Step right next to left. Step ¼ turn left forward. (12)

Section 4: Syncopated Heel & Toe, Paddle ¼ Turn x2.

- 1 & 2 Touch right heel forward. Step right next to left. Touch left toe in place.
- 3 & 4 Touch left heel forward. Step left next to right. Touch right toe in place.
- 5 – 6 Step forward on right. ¼ turn left.
- 7 – 8 Step forward on right. ¼ turn left.

Easy Tags: After Walls 2, 6 and 10.

- 1-4 Slow hip bumps right and left
-