

# Ambitions

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Karl-Harry Winson (UK) - October 2010  
音乐: Ambitions - Joe McElderry : (Album: Ambitions)



(Intro: 16 Counts.....BPM: 128)

## Side Rock. Cross shuffle. 1/2 turn Right. Step-Scuff.

1 – 2                      Rock Right to Right side. Recover weight on Left.  
3&4                      Cross Right over Left. Step Left to Left side. Cross Right over Left.  
5 – 6                      Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right forward.  
7 – 8                      Step forward on Left. Scuff Right beside the Left.

## Step-Lock. Step-Lock-Step. Forward rock. Full turn Left.

1 – 2                      Step forward on Right. Lock Left foot behind Right.  
3&4                      Step forward on Right. Lock Left foot behind Right. Step forward on Right.  
5 – 6                      Rock forward on Left. Recover weight back on Right.  
7 – 8                      Make 1/2 turn Left stepping Left forward. Make 1/2 turn Left stepping back on Right.

(Can replace counts 7 – 8 with two walks back stepping: Left, Right).

## Back rock. Cross-back. Sway X2. Cross-Side.

1 – 2                      Rock back on Left. Recover weight forward on Right.  
3 – 4                      Cross Left over Right. Step back on Right.  
5 – 6                      Step Left to Left side sway Hips Left, Sway hips Right.  
7 – 8                      Cross Left over Right. Step Right to Right side. (6.00)

## Sailor 1/4 turn Left. Step. 1/2 turn Right. Shuffle 1/2 turn. Side-rock-cross.

1&2                      Cross Left behind Right making 1/4 Left. Step Right beside Left. Step Left forward.  
3 – 4                      Step Right forward. Make 1/2 turn Right stepping back on Left.  
5&6                      Shuffle 1/2 turn Right stepping: Right, Left, Right.  
7&8                      Rock Left to Left side. Recover weight onto Right. Cross Left over Right. (3.00)

## Heel Digs X2. Weave 1/4 Left. Heel Digs X2. Behind 1/2 step.

1 – 2                      Dig Right heel towards Right diagonal twice.  
3&4                      Cross Right behind Left. Make 1/4 Left stepping Left forward. Step Right forward.  
5 – 6                      Dig Left Heel forward twice.  
7&8                      Step back on Left. Make 1/2 turn Right stepping Right forward. Step forward on Left.

\*Restart Here on Wall 2

## Rocking Chair. Step 1/2 turn. 3/4 turn Left.

1 – 2                      Rock forward on Right. Recover weight back on Left.  
3 – 4                      Rock back on Right. Recover weight forward on Left.  
5 – 6                      Step forward on Right. Pivot 1/2 turn Left.  
7 – 8                      Make 1/2 turn Left stepping Right back. Make 1/4 turn Left stepping Left to side. (3.00)

## Cross Rock. Chasse Right. Cross-Unwind full turn Right. Chasse Left.

1 – 2                      Cross rock Right over Left. Recover weight onto Left.  
3&4                      Step Right to Right side. Close Left beside Right. Step Right to Right side.  
5 – 6                      Cross Left over Right. Unwind full turn Right keeping weight in Right.

(Can replace counts 5 – 6 with a Left Cross Rock)

7&8                      Step Left to Left side. Close Right beside Left. Step Left to Left side.

## Behind-Side. Cross-Unwind full turn Left. Weave 1/4 turn Right.

- 1 – 2            Cross Right behind Left. Step Left to Left side.
- 3 – 4            Cross Right over Left. Unwind full turn Left keeping weight in Left.
- 5 – 6            Step Right to Right side. Cross Left behind Right.
- 7 – 8            Make 1/4 Right Stepping Right forward. Step forward on Left.

**Tag. This comes at the end of wall 4 (12.00)**

**Step 1/2 turn. Right shuffle forward. Step 1/2 turn. Left shuffle forward.**

- 1 – 2            Step Right forward. Pivot 1/2 Left.
- 3&4            Step forward on Right. Close Left beside Right. Step forward on Right.
- 5 – 6            Step Left forward. Pivot 1/2 Right.
- 7&8            Step forward on Left. Close Right beside Left. Step forward on Left.

**Side Rock. Weave Left. Side Rock. Weave Right.**

- 1 – 2            Rock Right out to Right side. Recover weight onto Left.
- 3&4            Cross Right behind Left. Step Left to Left side. Cross Right over Left.
- 5 – 6            Rock Left to Left side. Recover weight onto Right.
- 7&8            Cross Left behind Right. Step Right to Right side. Cross Left over Right.

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