

Watch Your Step

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Julien Le Rouzic (FR) - December 2010
音乐: One Step At a Time - Jordin Sparks



Start dancing on lyrics.

SIDE STEP, ROCK STEP, CROSS, UNWIND ½ RIGHT, STEP, LOCK STEP

1-2-3 Step right to side, Rock step forward on left, Recover onto right
&4 Step left to side, Cross roght behind left
5-6 Unwind ½ turn right, Step left forward
7&8 Lock step : Step right forward, Lock right behind left, Step right forward

SIDE STEP, TOGETHER, CROSS SHUFFLE, ¼ TURN RIGHT, STEP, ½ TURN RIGHT, BALL, STEP

1-2 Step left to side, Step right next to left
3&4 Cross shuffle : Cross left over right, Step right to side, Cross left over right
5-6 ¼ turn right... Step right forward, Step left forward
7&8 ½ turn right, Ball left next to right, Step right forward

TWINKLE, STEP, SPIN, SIDE ROCK CROSS

1&2 Cross left over right, Step right to side, Step left slightly forward
3&4 Cross right over left, Step left to side, Step right slightly forward
5-6 Step left forward, Spiral turn a full turn right
7&8 Rock right to side, Recover onto left, Cross right over left

BACK LOCK, BACK LOCK STEP, POINT, ¼ TURN RIGHT, LEFT SAILOR STEP

1-2 Step back on left, Cross right over left
3&4 Back lock step : Step back on left, Cross right over left, Step back on left
5-6 Point right back, ¼ turn right (weight on right)
7&8 Left sailor step : Cross left behind right, Step right to side, Step left to side

VAUDEVILLE, SIDE ROCK, CROSS SHUFFLE

1&2 Cross right over left, Step left slightly back, Touch right heel forward
&3&4 Step right to side, Cross left over right, Step right slightly back, Touch left heel forward
5-6 Rock left to side, Recover onto right
7&8 Cross shuffle : Cross left over right, Step right to side, Cross left over right

¼ TURN RIGHT, ROCK STEP, ANCHOR STEP, ROCK STEP, TRIPLE FULL TURN

1-2 ¼ turn right... Rock step forward on right , Recover onto left
3&4 Anchor step : Step right behind left (3rd position), Step left in place, Step back on right
5-6 Rock back on left , Recover onto right
7&8 ½ turn right... Step back on left, ½ turn right... Step right forward, Step left forward

RESTART HERE : At wall 2.

STEP, KICK, OUT OUT, SWIVET, ¼ TURN LEFT

1-2 Step right forward, Step left forward
3&4 Kick right forward, Step right to side (out), Step left to side (out)
5-6 Swivet right : Weight on right heel and on left ball... Point right to side and left heel to side, Bring back to center
7&8& Swivet left : Weight on left heel and on right ball... Point left to side and right heel to side, Bring back to center, Point left to side and right heel to side turning ¼ turn left (weight on right ball), Slide left towards right (no weight change)

STEP, TAP, SCISSOR STEP, STEP, TOGETHER, COASTER ¼ TURN RIGHT

- 1-2 Step left forward, Tap right next to left
3&4 Scissor step : Step right to side, Step left next to right, Cross right over left
5-6 Step left to side, Step right next to left
7&8 Coaster ¼ turn right : Step left to side, ¼ turn right... Step right next to left, Step left forward

REPEAT

TAG : At the end of wall 4

STEP, ROCK STEP BACK, BACK STEP, COASTER STEP

- 1-2 Step right forward, Step left forward
3&4 Rock step forward on right, Recover onto left, Step right back
5-6 Step back on left, Step back on right
7&8 Coaster step : Step back on left, Step right next to left, Step left forward

STEP, ¼ TURN LEFT, KICK, OUT OUT, APPLEJACKS

- 1-2 Step left forward, ¼ turn left (weight on left)
3&4 Kick right forward, Step right to side (out), Step left to side (out)
5&6& Applejack : Twist right heel and left toe to left, Bring back to center, Twist left heel and right toe to right, Bring back to center
7&8& Applejack : Twist left heel and right toe to right, Bring back to center, Twist right heel and left toe to left, Bring back to center

RESTART : On wall 2. Dance the first 48 counts and start from the beginning.
