

My List

拍数: 50 墙数: 4 级数: Intermediate
编舞者: Lesley Clark (SCO) - July 2011
音乐: My List - Toby Keith : (CD: 35 Greatest Hits)



Intro: 16 count intro start on vocals

SYNCOPATED ROCKS, ROCK FORWARD, RECOVER, RIGHT LOCK STEP

1-2& Rock forward on right, recover on left, step right in place
3-4& Rock forward on left, recover on right, step left in place
5-6 Rock forward on right, recover on left
7&8 Step back on right, cross step left in front of right, step back on right

½ TURN, STEP, LEFT SHUFFLE, CROSS ROCK STEP, BEHIND SIDE CROSS

1-2 ½ turn left stepping forward on left, step forward on right
3&4 Step forward on left, step right next to left, step forward on left
5&6 Cross rock right over left, recover on left, step right to right side
7&8 Step left behind right, step right to right side, step left in front of right

ROCK, RECOVER, BEHIND SIDE CROSS, ¼ TURN, ¼ TURN, CROSS SHUFFLE

1-2 Rock out to right side, recover on left
3&4 Cross step right behind left, step left to left side, cross step right over left
5-6 ¼ turn right stepping back on left, ¼ turn right stepping right to right side
7&8 Cross step left over right, step right to right side, cross step left over right

ROCK, RECOVER, BEHIND, ¼ TURN, STEP, STEP, TURN, LEFT LOCK STEP

1-2 Rock out to right side, recover on left
3&4 Step right behind left, ¼ turn left stepping forward on left, step forward on right
5-6 Step forward on left, ½ turn right
7&8 Step forward on left, lock right behind left, step forward on left

SYNCOPATED ROCKS, STEP TURN, FULL TURN LEFT

1-2& Rock forward on right, recover on left, step right in place
3-4& Rock forward on left, recover on right, step left in place
5-6 Step forward on right, ½ turn left
7-8 ½ turn left stepping back on right, ½ turn left stepping forward on left

RIGHT LOCK STEP, MAMBO STEP, RIGHT LOCK STEP, COASTER, WALK RIGHT, LEFT

1&2 Step forward on right, lock left behind right, step forward on right
3&4 Rock forward on left, recover on right, step back on left *****
5&6 Step back on right, cross step left over right, step back on right
7&8 Step back on left, step right next to left, step forward on left
1-2 Walk forward right, left

Start Again.....Happy Dancing.....

Restart: On wall 2 restart the dance after count 44. *****

Tag: At the end of Wall 4 - Walk forward Right & Left