

Let's Stick Together

拍数: 48 墙数: 4 级数: Improver
编舞者: Mike Hitchen (UK) - November 2012
音乐: Let's Stick Together - Bryan Ferry : (iTunes)



48 Count Intro

Cross Rock, Chasse ¼ Turn Right, Step ½ Turn, Left Shuffle.

1-2 Cross rock right over left, Recover weight to left.
3&4 Step right to side, Step left together, Step right ¼ turn right.
5-6 Step forward on left, Pivot ½ turn right.
7&8 Step left forward, Step right together, Step left forward. (9 O'clock)

Full Turn Left RL, ¼ Turn Left, Cross Shuffle, Side Rock.

1-2 Turn ½ turn left stepping right back, Turn ½ turn left stepping left forward.
3-4 Step forward on right, Turn ¼ turn left.
5&6 Cross step right over left, Step left to side, Cross step right over left.
7-8 Rock left to side, recover weight to right. (6 o'clock)

Sailor ¼ Turn Left, 2x Kick & Touch, Sailor ¼ Turn Right.

1&2 Step left behind right ¼ turn left, Step right to side, Step left to side.
3&4 Kick right forward, Touch left to side.
5&6 Kick left forward, Touch right to side.
7&8 Step right behind left ¼ turn right, Step left to side, Step right to side. (6 o'clock)

2x ½ Turns right, Rock Step, ¾ Triple Turn Left.

1-2 Step forward on left, Turn ½ turn right.
3-4 Step forward on left, Turn ½ turn right.
5-6 Rock left forward, Recover weight to right
7&8 ½ turn left stepping left forward, Step right together, Step left ¼ turn left (9 o'clock)

Walk, Walk, Right Shuffle, Rock Step, Coaster Step.

1-2 Walk forward right, Walk forward left.
3&4 Step right forward, Step left together, Step right forward.
5-6 Rock forward on left, Recover weight to right.
7&8 Step left back, Step right together, Step left forward. (9 o'clock)

Rock Step, Shuffle ½ Turn, Step ½ Turn, Left shuffle.

1-2 Rock right forward, Recover weight to left.
3&4 Step right ¼ turn right, Step left together, Step right ¼ turn right.
5-6 Step forward on left, Turn ½ turn right.
7&8 Step left forward, Step right together, Step left forward.

Restart Dance

Contact: mbhitchen@aol.com