

Attention

拍数: 32 墙数: 4 级数: Improver
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音乐: Attention To Me - The Nolan Sisters



16 count intro

S1: Walk, pivot turn, shuffle forward, left pivot turn.

1 2 3 step forward right, step forward left, step forward right, on ball of foot make a
4 ½ turn left over your left shoulder
5&6 shuffle forward, right, left, right
7 8 step forward on left, on ball of foot make ½ turn right over right shoulder.

S2: Step, double hip rock right & left, walks backward

1 2 step right to right side, double hip rock to right (thumb a lift hand action on hip rocks)
3 4 step left to left side, double hip rock to left (thumb a lift hand action on hip rocks)
5 6 7 8 walk back right, left, right, left (alternate shoulders circles backward on walk,
E.g. right foot, right shoulder, left foot, left shoulder)

S3: Sailor turn, kick step, walks backward

1&2 step right behind left, step left to left side making ¼ turn right, step right next to left
3 4 small kick left foot out to left diagonal, step left in place
5 6 7 8 walk back on right, left, right, left

S4: Sailor turn, kick step, walk back, cross turn.

1&2 step right behind left. Step left to left side making ¼ turn right, step right next to left
3 4 small kick left foot out to left diagonal. Step left in place
5 6 step back on right, circle right shoulder back, step back on left, circle left shoulder back
7 8 cross right foot behind right, rise up on balls of both feet executing a ¼ turn to right, lower heels.