

Ask Yourself

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Ask Yourself - Nabiha



Intro: 16 counts from 1st beat (appr. 10 seconds) - Start with weight on L foot.

#1 section: 2 X walk, anchor step, full turn L, back rock

1-2 Walk fw. on R, walk fw. on L 12:00
3&4 Lock R behind L, rock fw. on L, recover on R 12:00
5-6 Make ½ turn L, stepping fw. on L, make ½ turn L, stepping back on R 12:00
7-8 Rock back on L, recover on R 12:00

#2 section: 2 X diagonal syncopated lock steps, step turn, touch, kick out out

1&2& Step L diagonal, lock R behind L, step L diagonal, step R diagonal 1:00
&3& Lock L behind R, step R diagonal 1:00
4-5-6 Step fw. on L, make ½ turn R stepping fw. on R, touch L next to R 6:00
7&8 Kick L fw. step L to L side, step R to R side 6:00

#3 section: 2 X cross rock side, coaster back, shuffle Fw.

1&2 Cross L over R, recover on R, step L to L side 6:00
3&4 Cross R over L, recover on L, step R to R side 6:00
5&6 Step back on L, step R next to L, step fw. on L 6:00
7&8 Step fw. on R. step L next to R, step fw. on R 6:00

#4 section: Step ¼ turn cross, scuff rocking chair, behind, side drag together

1-2-3 Step fw. on L, make ¼ turn R, stepping R to R side, cross L over R 9:00
4&5 Scuff R diagonal, rock fw. on R, recover on L 9:00
6 Cross R behind L 9:00
7-8 Step L to L side, while dragging R to R side, step R next to L 9:00

#5 section: 2 X vaudeville, together, step ball step, step turn step

1&2 Cross L over R, small step back on R, tap L heel fw. 9:00
&3&4 Step L beside R, cross R over L, small step back on L, tap R heel fw. 9:00
&5&6 Step R beside L, step fw. on L, step R next to L, step fw. on L 9:00
7&8 Step fw. on R, make ½ turn L stepping fw. on L, step fw. on R 3:00

#6 section: 2 X shuffle Fw. 2 X cross back side, step

1&2 Step fw. on L, step R next to L, step fw. on L 3:00
3&4 Step fw. on R, step L next to R, step fw. on R 3:00
5&6 Cross L over R, step back on R, step L to L side 3:00
&7&8 Cross R over L, step back on L, step R to R side, step fw. on L 3:00

Good Luck & N' joy!

Ending: Cross L over R