

Secrets

拍数: 64 墙数: 4 级数: Upper Intermediate
编舞者: Tony Myers (UK) - September 2013
音乐: Secrets - OneRepublic



32 Count Intro (Vocals)

Scuff, Out, Out: Swivel Heels, Point: Behind, Turn, Side: Right Side, Together, Side Rock, Recover

1&2 Scuff left foot forward (1) Step out on left (&) Step out on right (2)
&34 Swivel heels to left (&) Swivel heels back to centre (3) Point left to side (4)
5&6 Step left behind right (5) Turn $\frac{1}{4}$ right step right forward (&) Step left to side (6) (3:00)
7&8& Step right to side (7) Step left with right (&) Rock right to side (8) Recover weight on left (&)

Cross Shuffle: Shuffle Turn: Rock Back, Recover, Side: Rock Back, Recover, Turn, Touch

1&2 Cross right over left (1) Step left to side (&) Cross right over left (2)
3&4 Turn $\frac{1}{4}$ left on left (3) Step right with left (&) Turn $\frac{1}{4}$ left step forward on left (4) (9:00)
5&6 Rock right behind left (5) Recover weight on left (&) Step right to side (6)
7&8& Rock left behind right (7) Recover on right (&) Turn $\frac{1}{4}$ left step left forward (8) Touch right to left (&) (6:00)

Side, Together, Back: Coaster Step: & Side, Together, Forward: Mambo Turn

1&2 Step right to side (1) Step left with right (&) Step back on right (2)
3&4 Step back on left (3) Step right with left (&) Step forward on left (4)
&5&6 Step right with left (&) Step left to side (5) Step right with left (&) Step forward on left (6)
7&8 Rock forward on right (7) Recover weight on left (&) Turn $\frac{1}{2}$ right step forward on right (8) (12:00)

& Full Turn: Point & Point: & Cross rock & Step: Cross Rock & Step

&12 Step left with right (&) Turn $\frac{1}{2}$ left step back on right (1) Turn $\frac{1}{2}$ left step forward on left (2)
3&4 Point right to side (3) Step right with left (&) Point left to side (4)
&5&6 Step on left next to right (&) Rock right over left (5) Recover weight on left (&) Step right to side (6)
7&8 Rock left over right (&) Recover weight on right (&) Step left to side (8)

Back Step, Lock, Step: Step, Turn, Step: Rock, Turn, Cross: & Sailor Step

1&2 Step back on right (1) Lock left across right (&) Step back on right (2)
3&4 Step forward on left (3) Pivot $\frac{1}{2}$ turn right (&) Step forward on left (4) (6:00)
5&6 Rock right to side (5) Recover weight on left turning $\frac{1}{4}$ left (&) Cross right over left (6) (3:00)
&7&8 Step back on left (&) Step Right behind left (7) Step left to side (&) Step right to side (8)

Side, Touch, Turn, Touch: Side Chasse: Hitch, Point, Hitch, Point: Box $\frac{1}{4}$ Turn

1&2& Step left to side (1) Touch right to left (&) Turn $\frac{1}{4}$ right step right to side (2) Touch left to right (&) (6:00)
3&4 Step left to side (3) Step right with left (&) Step left to side (4)
5&6& Hitch right knee across left (5) Point right to side (&) Hitch right knee across left (6) Point right to side (&)
7&8 Cross right over left (7) Turn $\frac{1}{4}$ right step back on left (&) Step right to side (8) (9:00)

& Side & Cross: Cross, Side, Behind: & Sway Left, Right: Side, Behind, Turn

&1&2 Step left to right (&) Step right to side (1) Step left with right (&) Cross right over left (2)
3&4 Cross left over right (3) Step right to side (&) Step left behind right (4)
&56 Step right slightly to side (&) Sway left to side (5) Sway right to side (6)
7&8 Step left to side (7) Step right behind left (&) Turn $\frac{1}{4}$ left step forward on left (8) (6:00)

Toe Strut, Rock, Recover: Rock & Cross: Step, Turn, Step: Kick Ball Step

- 1&2& Touch right toes forward (1) Step down on right (&) Rock back on left (2) Recover weight on right (&)
- 3&4 Rock left to side (3) Recover weight on right (&) Cross left over right (4)
- 5&6 Step right forward (5) Pivot $\frac{1}{4}$ left (&) Step forward on right (6) (3:00)
- 7&8 Kick left forward (7) Step on left (&) Step right to side (8)

Enjoy

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