

Ambidextrous

拍数: 32 墙数: 4 级数: Improver
编舞者: Luke Shrimpton (UK) - December 2013
音乐: The Spark (feat. Spree Wilson) - AFROJACK



16 Count Intro.

[1-8] Step to diagonals Right then Left, Step In Place Right then Left. Right Shuffle Forward, Step Left Forward Pivot ¼ Turn

- 1 Step Right foot to right diagonal (1:30)
- 2 Step Left foot to left diagonal (10:30)
- 3 Step Right foot in place (12:00)
- 4 Step Left foot next to right (12:00)
- 5&6 Step forward on Right foot, Step Left to right, Step Right foot forward.
- 7 Step Forward onto left foot
- 8 Pivot ¼ turn Right putting weight onto right foot

[9-16] Cross Shuffle, ½ turn left, Right rock and side, Left rock and side

- 9&10 Cross Left foot over Right, step Right foot to Right side, Cross Left foot over Right
- 11 Step back on right foot turning ¼ turn to the left (12:00)
- 12 Step Left foot to Left Side turning ¼ turn to the left (9:00)
- 13&14 Rock right foot across Left, recover weight onto left, step right foot to right side
- 15&16 Rock Left foot across Right, recover weight onto Right, step Left foot to Left side

[17-24] Point, Point, 1/4 Step, Heel and Toe Swivel x2

- 17&18 Point Right Toe Across Left, Point Right Toe To Right Diagonal, Step Onto Right Foot turning a ¼ turn Right (12:00)
- 19 With the weight on the ball of your Left foot swivel your Left heel towards your Right foot.
- 20 With weight on your Left heel swivel your Left toe towards your Right foot. Once completed both feet should be shoulder width apart, parallel and facing 12:00
- 21&22 Point Right Toe Across Left, Point Right Toe To Right Diagonal, Step Onto Right Foot turning a ¼ turn Right (3:00)
- 23 With the weight on the ball of your Left foot swivel your Left heel towards your Right foot.
- 24 With weight on your Left heel swivel your Left toe towards your Right foot. Once completed both feet should be shoulder width apart, parallel and facing 3:00

[25-32] Cross Point, Side Point, Sailor ¼ Turn, Left Kick, Right Kick, Left Lock Unwind ¾ Turn.

- 25 Point Right Toe across Left Foot
- 26 Point Right toe to Right Side
- 27&28 Step Right Foot behind Left Foot, Step Back Left Turning a ¼ Turn Right, Step Forward onto Right Foot.
- 29& Kick Left foot forward, Step Left in place
- 30& Kick Right foot forward, Step Right in place
- 31 Lock Left foot behind Right
- 32 Unwind a ¾ turn over Left Shoulder (9:00)

Start Again and Enjoy

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