

Knee Deep

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Natasha Ind (UK) - January 2014
音乐: Knee Deep In My Heart - Shane Filan



S1. Right foot, point front, side, sailor step. Left foot Front side sailor ¼ turn.

- 1 2 3&4 Point right foot in front of L point right foot to R side cross R behind L, step L to L side then R to R side.
5 6 7&8 Point L in front of R, point L to L side cross L behind R turning ¼ left. Step R to R side. Step L to L side.

S2. Step Forward rock back onto L, Lock steps back, sweep, sweep, coaster step.

- 1 2 3&4 Step R forward recover back onto L, step R back, cross L in front of R, step back on R.
5 6 7&8 Sweep L behind R, sweep R behind L. Step L back, step R next to L step L forward.

S3. Side rock cross shufflex2

- 1 2 3&4 Rock R to R side, recover on to L. Cross R over L, step L slightly to L cross R over L.
5 6 7&8 Repeat leading with L foot.

S4. ¼ turn back touch, kick ball point. Kick point Twists.

- 1 2 3&4 Step R back turning a ¼, touch L next to R. Kick L slightly forward, place ball of L next to R point R out to R side.
5 6 7&8 Slow kick R crossing over L. Point L out to L side before R lands. Twist L Hips for 3&4 (L, R&L).

S5. Step ¼, touch ½ turning shuffle R. Heel Swivels Kick ball Point.

- 1 2 3&4 Step L turning a ¼, touch R next to L, shuffle ½ right stepping R, LR.
5 6 7&8 (L foot should be on ball). Swivel L heel L, R. Kick L slightly forward, place ball of L next to R point R to R side.

End of Dance

[1-8] Repeat S5: leading with R foot, but ending with Kick ball change instead of point.

*The dance ends at the end of the wall, facing the front. After kick ball change scuff R foot to finish.

Enjoy the dance, no Tags or Restarts and sing along.

Contact: natasha67@hotmail.co.uk