

拍数: 38 墙数: 2 级数: Easy Intermediate
编舞者: Margaret Swift (UK) - April 2014
音乐: D.I.Y. - Paul Heaton & Jacqui Abbott : (Album: What Have We Become)



Intro: 16 Counts. (starts on Vocals)

Section 1: □ Out. Out. Jump Back & Bounce. Cross & Heel & Cross & Heel.

- 1 – 2 Step out right. Step out left.
- & 3 4 Jump back. Stepping right then left. Bouncing both heels.
- 5 & 6 Cross right over left. Step left to left side. Touch right heel diagonally forward.
- & 7 Step right next to left. Cross left over right.
- & 8 Step right to right side. Touch left heel diagonally forward.

Section 2: □ & Cross Side. Behind Turn 1/8th Left. Step. Twist.X2. Turn 3/8th Right. Walk X2.

- & 1 2 Step left next to right. Cross right over left. Step left to left side.
- 3 & 4 Cross right behind left. Turn 1/8th left stepping forward on left. Touch right forward.
- & 5 6 Twist right heel to right. Twist right heel back to center. Turn 3/8th to right (3 O' clock)
- 7 – 8 Step forward left. Step forward right.

Section 3: □ Touch. Step Back. Back Lock Back. Hip Bumps Turning ¼ Left X2.

- 1 – 2 Touch left behind right. Step back on left.
- 3 & 4 Step back on right. Cross left over right. Step back on right.
- 5 & 6 Turn ¼ left bumping hips Left, Right, Left.
- 7 & 8 Turn ¼ left bumping hips Right, Left, Right.

Section 4: □ Sailor Step X2. Touch Unwind ½ Left. Cross. Hold.

- 1 & 2 Cross left behind right. Step right to right side. Step left in place.
- 3 & 4 Cross right behind left. Step left to left side. Step right in place.
- 5 – 6 Touch left behind right. Unwind ½ turn left.
- 7 – 8 Cross right over left. Hold

Section 5: □ & Cross & Cross. Turn ¼ Left. Touch. Turn ½ Right. Close.

- & 1 Step left next to right. Cross right over left.
- & 2 Step left next to right. Cross right over left.
- 3 – 4 Turn ¼ left stepping forward on left. Touch right next to left.
- 5 – 6 Turn ½ right stepping forward on right. Close left next to right.

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