

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Clinton Andrews (UK) - March 2015
音樂: Crying for No Reason - Katy B



Start After 16 Counts With Vocals

SECTION 1: SIDE DRAG,QUARTER SHUFFLE ,JAZBOX

1,2 Step right foot to right,drag left foot to meet (no weight on left)
3&4 Shuffle left right left as you turn a quarter left (9 oclock)
5,6,7,8 Cross right over left ,step back left,step to the side right,step forward left

SECTION 2: ROCK AND FULL TURN ,ROCK AND COASTER STEP

1,2 Forward rock on right foot,return weight to left foot
3&4 Make a full turn right as you shuffle right left right
5,6 Forward rock on left foot,return weight to right
7&8 Step back on left ,back on right, forward on left

SECTION 3: QUARTER ROCK ,CROSS SHUFFLE, SIDE ROCK SAILOR TURN

1,2 Rock right foot to right as you make a quarter turn left, return weight to left foot (6 oclock)
3&4 Cross shuffle right over left, step left to left and right over left
5,6 Rock left to left side return weight to right foot
7&8 Make a sailor turn with the left foot as you make a half turn left (12oclock)

SECTION 4: SKATE SKATE KICK BALL CHANGE ,REPEAT

1,2 Skate right ,skate left as you travel forward
3&4 Kick right forward , quickly step on to ball of right foot ,step forward left
5,6 Skate right ,skate left as you travel forward
7&8 Kick right forward, quickly step on to ball of right foot, step forward left

SECTION 5: STEP TURN ,FULL TURN ,ROCK AND SHUFFLE BACK

1,2 Step right forward ,make half turn left as you transfer weight to left foot
3,4 Make half turn left as you step back on right, make half turn left as you step forward left
5,6 Rock forward on right foot, return weight to left foot
7&8 Shuffle backwards right left right

SECTION 6: REVERSE TURN,STEP TURN ,KICK BALL STEP,KICK BALL STEP

1,2 Touch left foot back ,turn a half left as you transfer weight on to left foot
3,4 Step right forward make half turn left as you transfer weight to left foot
5&6 kick right forward , quickly step on to ball of right foot ,step forward left
7&8 kick right forward quickly step on to ball of right foot step forward left

SECTION 7: CROSS ROCK AND TAP AND TAP ,REPEAT

1,2& Cross rock right over left ,return weight to left foot, step right to right side
3&4& Tap left over right, step left to left, tap left over right, step right to right
5,6& Cross rock left over right, return weight to right foot, step left to left side
7&8& tap right over left. step right to right side, tap right over left, step left to left side

AT THIS POINT OF THE DANCE YOU WILL YOU START THE DANCE ON WALLS 2,4 & 6

SECTION 8: STEP TURN ,FULL TURN,ROCK AND SAILOR TURN

1,2 Step right forward make half turn left as you transfer weight to left foot
3,4 Make half turn left as you step back on right,make half turn left as you step forward left
5,6 Rock forward on right foot, return weight to left foot

7&8& Make a half turn right as you make a sailor right sailor step, quickly step to the left on the left foot (&) ready to Restart the dance

NOTE:

At the end of the dance you will be facing the front doing section 8,instead of making a sailor half turn ,make a right coaster step TA DA!!!

Every second wall you will be facing the front ,dance up to the end of section seven (the toe taps) and Restart the dance.

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