

Better Box It Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2015
音樂: Stuck On a Feeling (feat. Snoop Dogg) - Prince Royce



Starts after 20 Counts.

S1: Step, 1/2, Lock Step Back, Back, Together, Lock Step Forward.

1-2 Step forward on Left, make 1/2 turn to Left stepping back on Right.
3&4 Step back on Left, lock Right over Left, step back on Left.
5-6 Step back on Right, step Left next to Right.
7&8 Step forward on Right, lock Left behind Right, step forward on Right. □ (6.00)

S2: Out Out & Cross, Side, Swivel, Point & Point & Point.

&1 Step Left out to Left side, step Right out to Right side.
&2 Step Left next to Right, cross step Right over Left.
3 Step Left to left side.
4&5 Swivel both heels Left, swivel both toes Left, swivel both heels Left.
6&7 Point Right to Right side, step Right next to Left, point Left to Left side.
&8 Step Left next to Right, point Right to Right side. (6.00)

S3: Touch, Stomp, Behind 1/4 Side, Rock & Side, Hold & 1/4, Step 1/2.

&1 Touch Right next to Left, stomp Right to Right side.
2&3 Cross step Left behind Right, make 1/4 turn Right stepping forward on Right, step Left to Left side.
4&5 Cross rock Right behind Left, recover on Left, step Right to Right side. □ (9.00)
6&7 Hold, Step Left next to Right, make 1/4 turn to Right stepping forward on Right. (12.00)
8& Step forward on Left, pivot 1/2 turn to Right. □ (6.00)

S4: Step, Lock & Step Lock & Touch, Slide, 1/4 Touch, Slide.

1-2& Step forward diagonal Left on Left, lock Right behind Left, step forward diagonal Left on Left.
3-4& Step forward diagonal Right on Right, lock Left behind Right, step forward diagonal Right on Right.
5-6 Touch Left Heel forward, slide Left back next to Right as you pop Right knee forward.
7-8 Make 1/4 turn to Right touching Right heel forward, slide Right foot back next to Left as you pop Left knee □ forward. (9.00)

S5: Walk, Walk, Walk, Anchor Step, 1/2, 1/4, Step.

1-3 Walk forward Left-Right-Left.
4&5 Lock Right behind Left, Step down on Left, step back on Right.
6-7 Make 1/2 turn to Left stepping forward on Left, 1/4 turn Left touching Right to Right side. (12.00)
8 Take weight onto Right as you drag Left toward Right.

S6: Cross, Scissor Cross, Side, Together, Cross, Rock Step, Cross.

1 Cross step Left over Right.
2&3 Step Right to Right side, step Left next to Right, cross step Right over Left.
4-6 Step Left to Left side, step Right next to Left, cross step Left over Right.
&7-8 Rock Right to Right side, recover on Left, cross step Right over Left. □ (12.00)

S7: 1/4, Rock & Step, 1/2, Back, Back, Out Out In, Step.

1 Make 1/4 turn to Right stepping back on Left. □ (3.00)
2&3 Rock back on Right, recover on Left, step forward on Right.

- 4 Make 1/2 turn to Right stepping back on Left. (9.00)
5-6 Step back on Right sweeping Left out, step back on Left sweeping Right out.
7& Step Right slightly back & out to Right side, step Left out to Left side.
8& Step Right to centre, step forward Left.

S8: Step, 1/2, 1/2, Sailor 1/4 Cross, Side, Touch, Side, Together.

- 1-3 Step forward on Right, pivot 1/2 turn to Left, 1/2 turn Left stepping back on Right. (9.00)
4&5 Make 1/4 turn to Left stepping Left behind Right, step Right next to Left, cross step Left over Right. □(6.00)
6-7 Step Right to Right side, touch Left next to Right.
8& Step Left to Left side, step Right next to Left
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