

I Got The Recipe

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nathan Gardiner (SCO) - July 2015
音樂: Black Magic - Little Mix



Intro: 16 counts

KICK & POINT, KICK & POINT, ROCK FORWARD, RECOVER, COASTER STEP

1&2 Kick right foot forward, Step right back in place, Point left toes out to left side
3&4 Kick left foot forward, Step left back in place, Point right toes out to right side
5-6 Rock forward on right, Recover on left
7&8 Step back on right, Step left next to right, Step forward on right

KICK & POINT, KICK & POINT, ROCK FORWARD, RECOVER, COASTER STEP

1&2 Kick left foot forward, Step left back in place, Point right toes out to right side
3&4 Kick right foot forward, Step right back in place, Point left toes out to left side
5-6 Rock forward on left, Recover on right
7&8 Step back on left, Step right next to left, Step forward on left

ROCKING CHAIR, STEP 1/4 LEFT, CROSS SHUFFLE

1-2 Rock forward on right, Recover on left
3-4 Rock back on right, Recover on left
5-6 Step forward on right, Turn 1/4 left
7&8 Cross step right over left, Step left to left side, Cross step right over left

TURN 1/4 RIGHT X2, CROSS ROCK, RECOVER, STEP LEFT, HOLD, BALL STEP, TOUCH

1-2 Turn 1/4 right stepping back on left, Turn 1/4 right stepping right to right side
3-4 Cross rock left over right, Recover on right
5-6 Step left to left side, HOLD
&7-8 Step ball of right next to left, Step left to left side, Touch right toes next to left

Tags: End of walls 2 & 5

OUT, OUT, IN, IN, ROCKING CHAIR

1-2 Step right out to right diagonal, Step left out to left diagonal
3-4 Step right back to centre, Step left next to right
5-6 Rock forward on right, Recover on left
7-8 Rock back on right, Recover on left

Hope You Enjoy.....Happy Dancing

Contact: nathan.gardiner1998@hotmail.co.uk