

# In Sync

拍數: 32      牆數: 4      級數: Advanced WCS  
編舞者: Helena Jeppsson (SWE) - August 2015  
音樂: Dance Like We're Making Love - Ciara : (Album: Jackie)



## Start on the word "dripping"

### Walk x2, out, out, ball cross x2, 1/2 turn R, rock & cross, side

1, 2      Walk fwd on right, left  
&3      Step right foot to right side, step left foot to left side  
&4      Step right foot to center, step left foot in front of right  
&5      Step right foot to right side, step left foot in front of right  
6      1/4 turn R stepping fwd on right foot (3.00)  
7&      1/4 turn R rock left foot to left side, recover weight onto right (facing 6.00)  
8&      Step left foot in front of right, step right foot to right side

### Cross, out, out, side, ball step, full spiral turn L, 1/4 turn L with travelling lock step

1      Step left foot in front of right  
2, 3      Step right foot to right side, step left foot to left side  
4&5      Step right foot in place, step left foot to center, step fwd on right foot (prep for spiral turn)  
6      Make a full spiral turn left on right foot (6.00)  
7&      Step fwd on left foot, lock right foot behind left  
8&1      1/8 turn L step fwd on left, lock right foot behind left, 1/8 turn step fwd on left (3.00)

On the 11th wall there's a Restart after counts 4&, stepping fwd on right on count 1 (facing front wall)□

### Fwd, 1/2 turn R, anchor step, walk x2, rock step

2, 3      Step fwd on right foot, 1/2 turn R stepping back on left foot (facing 9.00)  
4&5      Step right foot behind left in 3rd position, step left foot in place, step right foot in place  
6, 7      Step fwd on left, right  
8&      Rock fwd on left foot, recover weight onto right

### Sweep, anchor step, sweep, anchor step, rock step, full turn L

a 1      Step left foot beside right, sweep right foot from front to back  
2&      Step right foot behind left in 3rd position, step left foot in place  
3      Step right foot in place sweeping left foot from front to back  
4&5      Step left foot behind right in 3rd position, step right foot in place, step left foot in place  
6,7      Rock back on right foot, recover weight onto left  
8&      1/2 turn L stepping back on right, 1/2 turn L stepping fwd on left (9.00)

## TAG at the end of 4th wall

### Fwd, rock step, together

1      Step fwd on right foot  
2, 3      Rock fwd on left foot, recover weight onto right foot  
4      Step left foot beside, right foot

Last Update – 16th Sept 2015