

Levels

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Will Craig (USA) - September 2015
音樂: Levels - Nick Jonas



Count in: 8 counts intro - NO TAGS NO RESTARTS

(1-8) Kick and Touch Side and Slide Touch, Touch Forward Touch Forward, Body Roll Up

1&2 Kick R forward (1), Step R next to left (&), Touch L to left side (2)
&34 Step L next to right (&), Step big step to right with R (3) Touch L next to right (4)
5&6& Touch L forward (5), Step L next to right (&), Touch R forward (6) Step R next to left
7&8 Place L forward while bending knees (7) Roll Hips up (&) Straighten Knee while finishing the
roll putting weight on L (8)

(9-16) Walk Walk, Rock and Cross, ¼ Turn, ¼ Turn, ½ Turn Sweep Behind Side

1 2 Walk R (1), Walk L (2)
3&4 Rock R forward (3), Recover L (&) Cross R over left (4)
5 6 Make ¼ turn right stepping L back (5) Make ¼ turn right stepping R forward (6)
7 8& Make ½ turn right putting weight onto L while sweeping right around (7) Step R behind left (8)
Step L to left side (&)

(17-24) Cross and Cross, Step Out Left Step Out Right, ¼ Turn ¼ Turn ½ Turn Slide Touch

1&2 Cross R over left (1) Step L to left side (&) Cross R over left (2)
3 4 Step out L and look left (3) Step out R and look right (4)
5 6 Make ¼ turn left stepping L forward (5) Make ½ turn left stepping R back (6)
7 8 Make ¼ turn left taking a big step L to left side (7) Touch R to right side (8) (12:00)

(25-32) Cross Rock Right, Cross Rock Left, Step ½ Turn, Rock Recover

1&2 Cross rock R over left (1), Recover to L (&) Step R next to left (2)
3&4 Cross rock L over right (3), Recover to R (&) Step L next to right (4)
5 6 Step R forward (5), Make ½ turn left putting weight L (6) (6:00)
7 8 Rock R forward (7), Recover to L(8)

(33-40) Reverse ¾ Paddle Turn, Heel Twist, Coaster Step

1 2 Turn back right ¼ turn touching R to right side (1) Continuing turning back 1/8 turn Touching
R to right side (2)
3 4 Continuing turning back 1/8 turn Touching R to right side (3) Continuing turning back ¼ turn
Touching R to right side (4) (3:00)
5&6 Step R forward (5) Twist both heels right (&) Bring heels back to center putting weight to L (6)
7&8 Step R back (7) Step L next to right (&) Step R forward (8)

(41-48) Step Heel Twist, Cross and Cross, Step Heel Twist, Kick and Kick

1&2 Step L forward (1) Twist both heels left (&) Bring heels back to center putting weight to R (2)
3&4 Cross L over right (3) Step R to right side (&) Cross L over right (4)
5&6 Step R forward (5) Twist both heels right (&) Bring heels back to center putting weight to L (6)
7&8& Kick R forward (7) Bring R next to left (&) Kick L forward (8) Step L next to right (&)

REPEAT AND ENJOY!!!!