

You Watch Me

拍數: 64 牆數: 4 級數: Improver
編舞者: Adam Åstmar (SWE) - October 2015
音樂: Stitches - Shawn Mendes



Intro: 16 counts - Sequence 64 - 32 - 64 - 64 - 32 - 64 - 64 - 16 - 64 - ENDING

Sect – 1: ROCK SIDE, RECOVER, COASTER STEP, STEP, SWIVEL HEELS

1 - 2 Rock R to the right, recover to L
3 - 4 Step R back, step L next to R
5 - 6 Step R forward, step L forward
7 - 8 Swivel both heels to the left, swivel back in place

Sect – 2: MAMBO STEP, SCUFF, LOCK-STEP FORWARD, HOLD

1 - 2 Rock R forward, recover to L
3 - 4 Step R next to L, scuff L heel forward
5 - 6 Step L forward, lock R behind L
7 - 8 Step L forward, hold

Restart - At wall 8 you Restart here

Sect – 3: FIGURE OF 8: GRAPEVINE 1/4 TURN, STEP PIVOT 1/2 TURN, 1/4 TURN, BEHIND, SIDE

1 - 2 Step R to the right, step L behind R
3 - 4 - 5 Turn 1/4 to the right stepping R forward, step L forward, pivot 1/2 turn to the right (9:00)
6 Turn 1/4 to the right stepping L to the left (12:00)
7 - 8 Cross R behind L, step L to the left

Sect – 4: ROCK FORWARD, RECOVER, BACK, SWEEP, BACK, SWEEP, ROCK BACK, RECOVER

1 - 2 Rock R forward, recover to L
3 - 4 Step R back, sweep L around
5 - 6 Step L back, sweep R around
7 - 8 Rock R back, recover to L

Restart - At walls 2 and 5 you Restart here

Sect – 5: STEP, HOLD, STEP 1/2 TURN, STEP 1/4 TURN, CROSS, HOLD

1 - 2 Step R forward, hold
3 - 4 Step L forward, turn 1/2 to the right (6:00)
5 - 6 Step L forward, turn 1/4 to the right (9:00)
7 - 8 Cross L over R, hold

Sect – 6: SCISSOR STEP, HOLD, SCISSOR STEP, HOLD

1 - 2 Step R to the right, step L next to R
3 - 4 Cross R over L, hold
5 - 6 Step L to the left, step R next to L
7 - 8 Cross L over R, hold

Sect – 7: MONTEREY 1/4, MONTEREY, 1/2

1 - 2 Point R to the right, turn 1/4 to the right stepping R next to L (12:00)
3 - 4 Point L to the left, step L next to R
5 - 6 Point R to the right, turn 1/2 to the right stepping R next to L (6:00)
7 - 8 Point L to the left, step L next to R

Sect – 8: HALF TOE STRUT JAZZ BOX, GRAPEVINE, 1/4 TURN, STEP

1 - 2 Cross R toe over L, step down on R

- 3 - 4 Step L toe back, step down on L
- 5 - 6 Step R to the right, step L behind R
- 7 - 8 Turn 1/4 to the right stepping R forward, step L forward (9:00)

Ending At wall 10, dance the 3 first sections as normal.

Then do steps 1 - 4 in section 4 and then do a shuffle 1/2 turn left stepping L, R, L to finish the dance
