

C'mon C'mon

拍數: 48 牆數: 2 級數: Beginner
編舞者: Gary Lafferty (UK) - November 2015
音樂: Let's Stick Together - Bryan Ferry



#48-count intro

S1: WALK RIGHT then LEFT, RIGHT KICK-BALL CHANGE; RIGHT ROCKING CHAIR

1-2 Step forward on Right foot, step forward on Left foot
3&4 Kick Right foot forward, step down onto Right foot, step forward on Left foot
5-6 Rock forward on Right foot, recover weight back onto Left foot
7-8 Rock back on Right foot, recover weight onto Left foot

S2: RIGHT SHUFFLE FORWARD, ROCK STEP; LEFT SHUFFLE ½ TURN, STEP FORWARD, ½ TURN

1&2 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot
3-4 Rock forward on Left foot, recover weight back onto Right foot
5&6 Make ½ turn shuffle back over Left shoulder stepping Left-Right-Left
7-8 Step forward on Right foot, pivot ½ turn to Left

S3: RIGHT SIDE-SHUFFLE, ROCK BACK; LEFT SIDE-SHUFFLE, ROCK BACK

1&2 Step to Right on Right foot, step on Left foot beside Right, step to Right on Right foot
3-4 Rock back on Left foot, recover weight onto Right foot
5&6 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot
7-8 Rock back on Right foot, recover weight onto Left foot

S4: & TOUCH, HOLD, & TOUCH, HOLD (FORWARD); & TOUCH, HOLD, & TOUCH, HOLD (BACK)

&1-2 Step diagonally forward Right on Right foot, touch Left foot beside Right, hold
&3-4 Step diagonally forward Left on Left foot, touch Right foot beside Left, hold
&5-6 Step diagonally back Right on Right foot, touch Left foot beside Right, hold
&7-8 Step diagonally back Left on Left foot, touch Right foot beside Left, hold

S5: GRAPEVINE to RIGHT with TOUCH; GRAPEVINE to LEFT with TOUCH

1-2 Step to Right on Right foot, cross-step Left foot behind Right
3-4 Step to Right on Right foot, touch Left foot beside Right
5-6 Step to Left on Left foot, cross-step Right foot behind Left
7-8 Step to Left on Left foot, touch Right foot beside Left

Option – full rolling turn to Right with touch, then full rolling turn to Left with touch

S6: RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD; JAZZBOX with ½ TURN

1&2 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot
3&4 Step forward on Left foot, step on Right foot beside Left, step forward on Left foot
5-6 Cross-step Right foot over Left, turn ¼ Right stepping back on Left foot
7-8 Turn ¼ Right stepping forward onto Right foot, step on Left foot beside Right

START AGAIN