

All Torn Up

拍數: 48 牆數: 4 級數: Improver
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - January 2016
音樂: All Torn Up - Rebel Dean : (Album: Rebellion)



(48 Count Intro' – 17 Secs).

Section 1 – Rumba Box.

- 1-2 Step right to right side, close left beside right
- 3-4 Step back on right, Hold.
- 5-6 Step left to left side, close right beside left.
- 7-8 Step forward on left, Hold. (12 o'clock)

Section 2 – Walk & Clap x2, Step Forward, Pivot ½ Turn Left, Step Forward, Hold.

- 1-2 Step forward on right, Clap.
- 3-4 Step forward on Left, Clap.
- 5-6 Step forward on right, pivot a half turn left.
- 7-8 Step forward on right, Hold. (6 o'clock)

Section 3 – (Side Step, Toe Touch) x2, Slow Chasse Left, Toe Touch.

- 1-2 Step left to left side, touch right toe left (click fingers to left if you wish).
- 3-4 Step right to right side, touch left toe beside right (click fingers to right if you wish).
- 5-6 Step left to left side, close right beside left.
- 7-8 Step left to left side, touch right toe beside left (6 o'clock)

Section 4 - (Side Step, Toe Touch) x2, Slow Chasse Right, Toe Touch.

- 1-2 Step right to right side, touch left toe beside right (click fingers to right if you wish).
- 3-4 Step left to left side, touch right toe beside left (click fingers to left if you wish).
- 5-6 Step right to right side, close left beside right.
- 7-8 Step right to right side, touch left toe beside right. (6 o'clock)

Section 5 - Side Rock, Cross Rock, ¼ Turn Right Into Back Rock, Toe Touch, Hold.

- 1-2 Rock left to left side, recover weight onto right.
- 3-4 Cross rock left over right, recover weight onto right.
- 5-6 Make a quarter turn right rocking back on left, recover weight onto right.
- 7-8 Touch left toe beside right, Hold. (9 o'clock)

Section 5 – Weave, Side Rock & Cross, Hold.

- 1-2 Step left to left side, cross right behind left.
- 3-4 Step left to left side, cross right over left.
- 5-6 Rock left to left side, recover weight onto right.
- 7-8 Cross left over right, Hold. (9 o'clock)

Enjoy!

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