

How To Love Me

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Graham Mitchell (SCO) - March 2016
音樂: You Know How to Love Me - Phyllis Hyman : (Album: 80's Grove - iTunes)



Section 1 (1-8) SIDE TOGETHER, SIDE SHUFFLE, POINT POINT, LEFT SAMBA

1-2 Step Right to Right side, Close Left beside Right
3&4 Step Right to right, close Left beside Right, Step Right to Right side
5-6 Point Left toe cross Right, Point Left toe to Left side
7&8 Cross Left over Right, Rock right to Right side, recover Left

Section 2 (1-8) CROSS ¼ RIGHT, COASTER, PENCIL TURN, RIGHT SHUFFLE

1-2 Cross Right over Left, Step back Left making ¼ Right
3&4 Step back Right, close Left beside Right, step forward Right
5-6 Stepping on the left foot spin one Rotation on the spot – Right foot is held off the floor
7&8 Step forward Right, close Left beside Right, step forward Right

Section 3 (1-8) FORWARD TOUCH, BACK SHUFFLE, ¼ LEFT TOUCH, RIGHT KICKBALL CROSS

1-2 Step forward Left, Touch Right behind left
3&4 Step back Right, close Left beside Right, Step back Right
5-6 Step back Left making ¼ Turn Left, Touch Right beside Left
7&8 Kick Right forward, Place right beside Left, Cross Left over Right

Section 4 (1-8) MONTEREY ¼ RIGHT, ROCKING CHAIR

1-2 Touch right toe to Right side, Make ¼ right, placing Right beside Left
3-4 Touch Left toe to Left side, Step left beside Right
5-6 Rock forward Right, Recover Left
7-8 Rock back on Right. Recover Left

Section 5 (1-8) STEP ½, HOOK, FORWARD SHUFFLE, ROCK RECOVER, COASTER CROSS

1-2 Step forward Right, Pivot ½ turn left, Hooking Left heel over Right
3&4 Step forward Left, close right beside left, Step forward Left
5-6 Rock forward right, Recover Left
7&8 Step back Right, close left beside Right, Cross Right over Left

Section 6 (1-8) SIDE TOGETHER, SIDE SHUFFLE, POINT POINT, RIGHT SAMBA

1-2 Step Left to left side, Close Right beside Left
3&4 Step left to left side, close right beside left, Step left to left side
5-6 Point Right toe across Left, point Right toe to right side
7&8 Cross Right over Left, Rock Left to left side, recover Right

Section 7 (1-8) CROSS ¼ LEFT, COASTER, STEP FLICK, CROSS SHUFFLE

1-2 Cross Left over right, Step back Right making ¼ Left
3&4 Step back Left, close Right beside left, Step forward Left
5-6 Step forward Right, Flick left foot to left
7&8 Cross Left over Right, step Right to right side, Cross Left over right

** Restart wall 3**

Section 8 (1-8) ROCK ¼ LEFT, SHUFFLE, FULL TURN, SHUFFLE

1-2 Rock Right to right side, Recover left making ¼ turn Left
3&4 Step forward Right, close left beside right, Step forward Right
5-6 Make ½ turn right stepping back Left, ½ turn right stepping forward Right

7&8

Step forward Left, close Right beside Left, Step forward Left

Contact: gm.edin@btinternet.com
