

Rebirth

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Nadia Gandin - March 2016
音樂: Bottoms Up - Brantley Gilbert



Intro 16 count

STOMP, TOUCH, HITCH, COASTER STEP, STOMP, TOUCH, HITCH, COASTER STEP, STEP, SWIVEL

1&2 Stomp up right in place, touch toe right forward, hitch right
3&4 step right back, step left together, step right Forward
&5& stomp up left in place, touch toe left Forward, hitch left
6&7 step left back, step right Together, step left forward
&8& step right Forward, swivel heels right, heels to center

(OPTION 8& ROLL BODY)

ROCK SIDE, CROSS, ROCK SIDE, CROSS, JAZZ BOX CROSS, ROCK SIDE

1&2 Step right side, recover left, cross right over left
3&4 Step left side, recover right, cross left over right
5-6-7& Cross right over left, step left back, step right together, cross left over right
8& Step right side, recover left

RESTART (3 WALL -AFTER 16 COUNT)

STEP, STEP, ROCK STEP FORWARD, STEP BACK, STEP, STEP, ROCK STEP BACK, STEP FORWARD

1-2 step right forward, step left forward
3&4 step right forward, recover left, step right back
5-6 step left back, step right back
7&8 step left back, recover right, step left forward

JAZZ BOX CROSS, ROCK SIDE, CROSS, STEP SIDE, CROSS, TRIPLE STEP TURN ¼ RIGHT

1-2-3& Cross right over left, step left back, step right together, cross left over right
4& Step right side, recover left
5-6-7 cross right over left, step left side, cross right over left
&8& triple step turn ¾ right (turn ¼ right step left back, turn ¼ right and step right together, turn ¼ right e step left little forward)

RESTART on 3 wall, after 16 count

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