Beautiful UR



拍數: 32 牆數: 4 級數: Easy Intermediate

編舞者: Nelly Chu (CAN) - April 2016 音樂: Beautiful U R - Deborah Cox



Intro: 16 counts

Forward on right, left, pivot ½ turn right, hock, shuffle forward, step left forward, pivot ¼ turn right, step lock step forward

1-3 Step forward on right, left, pivot ½ turn right hook right heel in front of left (6:00)

4&5 Shuffle forward stepping right, left, right

6 7 Step forward on left, pivot ½ turn right (weight on right) (9:00)

8&1 Turn ½ right, step forward on left, lock right behind left, step forward on left (10:30)

Walk forward right, left, cross back together, step lock, rock recover step

2 3 Step forward on right, left (10:30)

4&5 Cross right over left, 1/2 turn right, step back on left, step right beside left (12:00)

6 7 Step forward on left, lock right behind left

Rock forward on left, recover on right, step left in place

Mambo cross right, left, touch behind unwind ½ turn right, shuffle forward

2&3 Rock right to right side, recover on left, cross right over left
4&5 Rock left to left side, recover on right, cross left over right (12:00)
6 7 Touch right toe behind left, unwind ½ turn right (weight on left)

Shuffle forward stepping right, left, right (6:00)

Restart during wall 10 facing (9:00)

Rock recover, sailor 1/4 turn left, rock recover, coaster step

2 3 Rock forward on left, recover on right

4&5 Cross left behind right, ¼ turn left stepping right in place, step left to left side (3:00)

6 7 Rock right forward, recover on left

8&1 Step back on right, step left beside right, step right forward (3:00)

Start again and have fun!

Restart: During wall 10 dance up to 24 count facing (9:00) and start again

Contact: nannoichu@gmail.com