

Innocent

拍數: 64 牆數: 2 級數: Improver
編舞者: Adrian Helliker (FR) - September 2016
音樂: Innocent - Bret Mullins : (Album: Good Place to Be From - iTunes and amazon)



Intro: 32 Counts into the track approx 17 seconds into the track - No Tags No Restarts

[1-8] SIDE ROCK RECOVER, CROSS, HOLD, ¼ TURN X2. CROSS, HOLD

1-2 Rock right to right side, recover onto left
3-4 Cross right over left, hold
5-6 ¼ turn right step left back (3:00), ¼ turn right step right to right side (6:00)
7-8 Cross left over right, hold

[9-16] SIDE ROCK RECOVER, CROSS, HOLD, ¼ TURN X2. CROSS, HOLD

1-2 Rock right to right side, recover onto left
3-4 Cross right over left, hold
5-6 ¼ turn right step left back (9:00) ¼ turn right step right to right side (12:00)
7-8 Cross left over right, hold

[17-24] STEP TOUCH, ¼ TURN SCUFF LEFT, STEP SCUFF RIGHT LEFT

1-2 Step right to right side, touch left beside right
3-4 ¼ turn left step left forward, scuff right forward (3:00)
5-6 Step right forward, scuff left forward
7-8 Step left forward, scuff right forward

[25-32] FORWARD & BACK STEPS DIAGONAL WITH TOUCH, ¼ TURN TOUCH, LEFT STEP TOUCH

1-2 Step right diagonally right forward, touch left beside right clap hands
3-4 Step left diagonally left back, touch right beside left clap hands
5-6 ¼ turn right step right to right side, touch left beside right (12:00) clap hands
7-8 Step left to left side, touch right beside left clap hands

[33-40] STEP ½ TURN X2, STEP ¼ TURN, STEP ½ TURN RIGHT

1-2 Step right forward, ½ turn left (6:00)
3-4 Step right forward, ½ turn left (12:00)
5-6 Step right forward, ¼ turn left (3:00)
7-8 Step right forward, ¼ turn left (6:00)

[41-48] ½ MONTEREY TURN X2

1-2 Point right toe to right side, ½ turn right on ball of left stepping right beside left (12:00)
3-4 Point left to left side, step left beside right
5-6 Point right toe to right side, ½ turn right on ball of left stepping right beside left (6:00)
7-8 Point left to left side, step left beside right

[49-56] ROCKING CHAIR, STEP ½ TURN X2

1-2 Rock right forward, recover on left
3-4 Rock right back, recover on left
5-6 Step right forward, ½ turn left (12:00)
7-8 Step right forward, ½ turn left (6:00)

[57-64] STEP KICK BACK BACK RIGHT AND LEFT

1-2 Step right forward, kick left forward
3-4 Step left back, step right back weight on right

5-6 Step left forward, kick right forward
7-8 Step right back, step left back weight on left

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