

Baby I Lied

拍數: 64 牆數: 4 級數: Intermediate
編舞者: April Rywotycki (AUS) - September 2016
音樂: Believe Me Baby (I Lied) - Trisha Yearwood : (iTunes)



INTRO: □24 Counts - No Tags or Restarts

[1 – 8] □ SCUFF FWD, HEEL DROP, HEEL STRUT, ROCK FWD & BACK, COASTER

1 – 4 Scuff R fwd, raise & lower L heel, R heel strut
5 – 8 Rock fwd on L, rock back on R, coaster step (L,R,L)

[9 – 16] □ STOMP, FAN TOES, PADDLE TURN, CROSS SHUFFLE

1 – 4 Stomp R fwd with toes turning in, fan R toes out, in, out taking weight on R
5 – 8 Step fwd on L, pivot ¼ right, cross shuffle (L,R,L), 3.00

[17 – 24] □ BACK, LOCK, SHUFFLE BACK, ROCK BACK & FWD, ½ TURN, STEP BACK

1 – 4 Step back on R, lock L over R, shuffle back (R,L,R)
5 – 8 Rock back on L, rock fwd on R, turning ½ right step back on L, step back on R, 9.00

[25 – 32] □ ROCK BACK & FWD, CROSS, POINT, CROSS, POINT, TURNING TOE STRUT

1 – 4 Rock back on L, rock fwd on R, step L across R, point R to right side,
5 – 8 Step R across L, point L to left side, turning ½ right step back on ball of L, lower L heel, 3.00

[33 – 40] □ CROSS, SIDE, SAILOR STEP, CROSS, SIDE, ½ TURN SIDE SHUFFLE

1 – 4 Step R across L, step L to left side, R sailor step (R,L,R)
5 – 8 Step L across R, step R to right side, turning ½ left side shuffle (L,R,L), 9.00

[41 – 48] □ CROSS, ¼ TURN BACK, ROCK BACK & FWD, FULL TURN, SHUFFLE

1 – 4 Step R across L, turning ¼ right step back on L, rock back on R, rock fwd on L, 12.00
5 – 8 Full turn left (R,L), shuffle fwd (R,L,R)

[49 – 56] □ ROCK FWD & BACK, BACK, SIDE, STOMP FWD, ½ TURNING HEEL BOUNCES

1 – 4 Rock fwd on L, rock back on R, step back on L, step R to right side
5 – 8 Stomp L fwd, turning ½ right bounce heels 3 times, 6.00

[57 – 64] □ SIDE ROCK, SIDE ROCK, SAILOR STEP, ROCK BACK & FWD, TOG, PADDLE TURN

1 – 4 Rock R to right side, rock L to left side, R sailor step (R,L,R)
5 – 8 Rock back on L, rock fwd on R, step L beside R, step fwd on R, turning ¼ left take weight on L, 3.00

FINISH DANCE: You will be facing 6.00, dance the first 12 counts then add step fwd on L pivot ½ right, shuffle fwd (L,R,L)

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