

My Music

拍數: 64 牆數: 4 級數:
編舞者: Lynne Martino (USA) - September 2016
音樂: My Music - Loggins & Messina : (amazon)



Start on Vocals

[1-8] □ □ Side Shuffle, Rock, Recover, Rocking Chair

1&2 Step R to right side (1), step L next to R (&), step R to right side (2)
3, 4 Rock L back (3), recover on R (4)
5-8 Rock L forward on an angle towards 11:00 (5), recover on R (6), rock L back (7), recover on R (8)

[9-16] □ □ Step, Hold, Rock, Recover, Step, Hold, Rock, Recover

1-4 Step L to left side (1), hold (2), rock R back (3), recover on L (4)
5-8 Step R to right side (5), hold (6), rock L back (7), recover on R (8)

[17-24] □ □ Side Shuffle, Rock, Recover, Rocking Chair

1&2 Step L to left side (1), step R next to L (&), step L to left side (2)
3, 4 Rock R back (3), recover on L (4)
5-8 Rock R forward on an angle towards 1:00(5), recover on L (6), rock R back (7), recover on L (8)

*Restart on Wall 7

[25-32] □ □ Toes Struts, Step, ¼ Bounces

1-4 Touch R toe forward (1), step down on R heel (2), touch L toe forward (3), Step down on L heel (4) (You are moving forward on these steps.)
5-8 Step forward on R (5), make ¼ turn left while bouncing on your heels (6-8).

Weight should end on the L.

[33-40] □ □ Heel Struts, Boogie Jumps with Claps

1-4 Step forward on R heel (1) bring weight down onto R (2), step forward on L heel (3), Bring weight down onto L (4). (You are moving forward with these steps.)
&5, 6 Hop forward onto R (&) step L next to R (5), Clap (6)
&7, 8 Hop back onto R (&), step L next to R (7), Clap (8)

[41-48] □ □ Step, Hold, ¼ Pivot, Hold, Jazz Box

1-4 Step R forward (1), Hold (2), pivot ¼ turn left (3), hold (4)

Weight should end up on L.

5-8 Cross R over L (5), step back on L (6), step R to right side (7), step on L (8)

[49-56] □ □ Kick, Sailor Step, Kick, ¼ Sailor Step

1-4 Kick R towards 1:00 (1) step back on R (2), step on L (3), step R forward (4)
5-8 Kick L towards 11:00 (5), making ¼ left, step back on L (6), step on R (7), Step L forward (8)

[57-64] □ □ Stomp, Hold, Stomp, Hold, Heel, Toe, Heel, Toe

1-4 Stomp R forward (1), hold (2), stomp L forward (3), hold (4)
5-8 Bring R heel into L instep (5), bring R toe into L instep (6), Repeat (7,8)

Restart On Wall 7 after ct. 24 (end of Rocking Chair). Start from the top.

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