

Sit Still Look Pretty

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amy Glass (USA) & Rhoda Lai (CAN) - December 2016
音樂: Sit Still, Look Pretty - Daya : (iTunes, amazon)



#8 count intro-starts on lyrics. 16 count tag following walls 1 & 3 (facing 3:00 & 9:00)

[1-8] □ Press & Press & Cross with ¼ R, Side Rock, Cross Shuffle

- 1-2& Press RF forward, Recover weight back on LF, Step RF next to LF (optional body roll with press)
3-4& Press LF forward, Recover weight back on RF, Step LF next to RF (optional body roll with press)
5&6 Cross RF over LF while turning ¼ R, Rock LF to L, Recover weight on RF (3:00)
7&8 Cross LF over RF, Step RF to R, Cross LF over RF

[9-16] □ Side Rock, Behind Side Cross, Sweep 3/8, Cross, Back, Together, Knee Pops/Shoulder Shrugs

- 1-2 Rock RF to R, Recover weight on LF
3&4 Cross RF behind LF, Step LF to L, Cross RF over LF
5 Step on LF while sweeping RF from back to front and turning 3/8 L (10:30)
6&7 Cross RF over LF, Step back on LF, Step RF next to LF
&8& Arms down to sides, pop knees R/L and shrug shoulders (R/L) ending with weight on L

[17-24] □ Walk, Walk, Mambo, Behind, Side, Cross, Look/Pivot, Sweep 5/8 Turn

- 1-2 Walk forward R, L
3&4 Rock Forward on RF, Recover weight on LF, Step RF next to LF steps here
5&6 Cross LF behind RF, Step RF to R, Cross LF in front of RF with 1/8 R squaring up to wall (12:00)
7-8 Open body ½ R—face 6:00 (pivoting on balls of feet), Weight the LF while sweeping RF, turning 5/8 L (10:30)

[25-32] □ 3/8 R Diamond Fall Away, Kick, Out, Out, In, Touch, Hips, Step

- 1&2 Cross RF over LF, Step LF back turning 1/8 R, Step RF to R (12:00)
3&4 Cross LF behind RF turning 1/8 R, Step RF to R turning 1/8 R (3:00), Step LF forward
5&6&7 Kick RF forward, Step RF out, LF out, RF in, Touch LF in front of RF with knee flexed
&8& Lift L hip up, Return to center, Step LF next to RF

Tag: □ 16 Counts Following Walls 1 & 3

[1-8] □ Side, Together x4 R with Shoulder Brush (L), Step Touch x4

- 1&2& Step RF to R, Close LF next to RF, Step RF to R, Close LF next to RF
3&4& Step RF to R, Close LF next to RF, Step RF to R, Touch LF next to RF

Optional: Brush L shoulder with R hand on & counts

- 5&6& Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF
7&8& Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF

[9-16] □ Side, Together x4 L with Shoulder Brush (R), R Mambo Forward, L Coaster Back

- 1&2& Step LF to L, Close RF next to LF, Step LF to L, Close RF next to LF
3&4& Step LF to L, Close RF next to LF, Step LF to L, Touch RF next to LF

Optional: Brush R shoulder with L hand on & counts

- 5&6 Rock forward on RF, Recover weight back on LF, Step RF next to LF
7&8 Step back on LF, Step RF next to LF, Step forward on LF

Have fun!

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