

Credit

拍數: 32 牆數: 2 級數: Improver
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音樂: Credit - Meghan Trainor



#16 count intro

WALK X2, STEP SIDE, HEEL, BALL CROSS, STEP SIDE, HOLD, BALL CROSS, STEP SIDE

- 1,2&3&4 Walk forward on RF, LF, step right on RF, touch left heel left, step LF next to RF, cross RF in front of LF
- 5,6&7,8 Big step left on LF, hold, step RF next to LF, cross LF in front of RF, big step right on RF (lift toes on LF dragging heel towards RF)

WEAVE, HOLD, BALL CROSS, HOLD, BALL STEP, ½ TURN

- 1,2,3,4 Cross LF behind RF, step right on RF, cross LF in front of RF, hold
- &5,6&7,8 Step right on RF, cross LF in front of RF, hold, step right on RF, step forward on LF, ½ turn right keeping weight on LF (6.00)

TOE STRUT X2, KICK & KICK & ROCK, RECOVER

- 1,2,3,4 Step forward on ball of RF, right heel down, step forward on ball of LF, left heel down
- 5&6&7,8 Kick RF forward, step RF next to LF, kick LF forward, step LF next to RF, rock forward on RF, recover on LF

TOUCH BACK, ½ TURN, ROCK, RECOVER, OUT, OUT, PREPARE, ½ TURN

- 1,2,3,4 Touch right toe back, ½ turn right on RF, (12.00) rock forward on LF, recover on RF
- &5,6,7,8 Step left on LF, step slightly right on RF, twist upper body right and take full weight on RF, ½ turn left on LF (2 counts) (6.00)

Start again

Tag: After wall 3 do these 8 counts...(starts facing 6.00)

STEP, ½ TURN, STEP, SWING HIPS, STEP, SWING HIPS, STEP, ½ TURN

- 1,2,3,4 Step forward on RF, ½ turn left on LF, step right on RF, swing hips right
- 5,6,7,8 Step left on LF, swing hips left, step forward on RF, ½ turn left on LF

...Start again facing 6.00