

Pulls Me In

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dawn Rathbun (USA) - June 2017
音樂: There's Nothing Holdin' Me Back - Shawn Mendes



Step Lock, Shuffle, Cross, Back, Side, Crossing Shuffle

1 2 Step forward R, Step L behind R
3&4 Step forward R, Step L together next R, Step forward R
5&6 Cross L over R, Step back R, Step side L
7&8 Cross R over L, Step L together R, Cross R over L

¼ Rock, Left Sailor, Right Sailor, Weave

1 2 Step side L (dipping L shoulder down), turn ¼ Left step back R (dropping R shoulder down)
3&4 Step L behind R, ball R next L, Step side L
5&6 Step R behind L, ball L next R, Step side R
7&8 Step L behind R, Step R together next L, Cross L over R

Sway, Shuffle, Cross Rock, ¼ Shuffle

1 2 Stepping side R sway hips R, sway hips L
3&4 Step side R, step L together next L, Step side R
5 6 Cross L over R, Recover back R
7&8 Step L ¼ Left, step together R next L, Step forward L

Step Touch, Step Back Touch, Shuffle Back 2x

1 2 Step forward R, Touch L toe to side
3 4 Step back L, Touch R toe to side
5&6 Step back R, Step L together next R, Step back R
7&8 Step back L, Step R together next L, Step back L

1/4 Back Rock 1/4, Shuffle Forward, Side, Cross, Side, Sailor

1 2 Making ¼ R ball R (push R palm of hand down toward floor L hand front chest area pushing palm down toward floor), Recover L forward ¼ L (while pushing off R)
3&4 Step forward R, Step together L, step forward R
5 6 7 Step side L, Cross R over L, Step side L
8&1 Step R behind L, ball L next R, step side R

Weave, Chase Pivot 2x, Mambo

2&3 Step L behind R, step side R, Cross L over R
4&5 Step forward R, turn ½ L, Step forward R
6&7 Step forward L, turn ½ R, Step forward L
8&1 Step forward R, Step back L, step back R

Back, Coaster 1/4, ¼ Skate, ¼ Skate, Side, Cross Rock

2 3&4 Step back L, Step back R, step together L next R, Step side R ¼ L
5 6 Step L ¼ L, Step R ¼ L (Skates are making a backward C with foot)
7 8&1 Step side R, Cross R over L, Recover back L, Step side R

Slide Touch, Rock Back, Pivot, Step Forward, Touch

2 3 4 Slide L next R and touch L, Step back on L, Recover forward R
5 6 Step forward L, Pivot ½ R (weight R)
7 8 Step forward L, Touch R next Left

