If My Friends Could See Me Now



拍數: 32 牆數: 2 級數: Beginner

編舞者: Kitty Russell (USA) - 2018

音樂: If My Friends Could See Me Now - Lena Zavaroni



Right lead

Begin on vocals "...see me now..."

Hand movement for first set: Start with arms straight down to sides and fingers in fists; with each side kick, open the hands and spread the fingers.

SIDE KICK, STEP X 4

1-2	High kick right to right side, step right
3-4	High kick left to left side, step left
5-6	High kick right to right side, step right
7-8	High kick left to left side, step left

VINE RIGHT, TRIPLE, VINE LEFT, TRIPLE

1-2, 3&4	Step right to right, step left behind right, triple step right, left, right in place
5-6, 7&8	Step left to left, step right behind left, triple step left, right, left in place

PIVOT WITH 1/8 LEFT TURN X 4

1-2	Step forward on right, pivot 1/8 left and step left
3-4	Step forward on right, pivot 1/8 left and step left
5-6	Step forward on right, pivot 1/8 left and step left
7-8	Step forward on right, pivot 1/8 left and step left

LINDY RIGHT, LINDY LEFT

1&2, 3-4	Triple step right, left, right to right, rock left back behind right, recover right
5&6, 7-8	Triple step left, right, left to left, rock right back behind left, recover left

Begin again

Last update - 30th Oct. 2018