I'm Down On My Knees



拍數: 32 牆數: 1 級數: Improver

編舞者: Val Saari (CAN) - June 2018

音樂: Woman, Amen - Dierks Bentley: (iTunes)



STOMP KICK, CHA, CHA, CHA X 2, (R,L)

1-2 Stomp RF, Kick RF forward

3&4 Recover RF, Step LF in place, Step RF in place

5-6 Stomp LF, Kick LF forward

7&8 Recover LF, Step RF in place, Step LF in place

TRAVELLING SWIVELS WITH FINGER SNAPS RIGHT, LEFT

Swivel both heels to right, both toes to right, both heels to right, Snap R fingers

Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

RF KICK TWICE, RF MAMBO BACK, LF KICK TWICE, LF MAMBO BACK

1-2 Kick RF forward twice

3&4 Rock RF back, Recover LF, Step RF beside left

5-6 Kick LF forward twice

7&8 Rock LF back, Recover RF, Step LF beside right

JAZZ BOX, ROCKING CHAIR

1-2 Step RF over L, Step LF back
3-4 Step RF beside L, Step LF together
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

Note: this would be fun to do contra style

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027