My Wave



拍數: 32 牆數: 4 級數: Beginner

編舞者: Kate Sala (UK) - July 2018

音樂: My Wave (feat. Shy Carter) - Keith Urban: (Album: Graffiti U)



Intro: 32 counts.

Forward Heel Grind on R, Forward Heel Grind on L, Rocking Chair.

1 2	Step forward on R heel with toes turned in. Grind the heel turning toes from left to right.
3 4	Step forward on L heel with toes turned in. Grind the heel turning toes from right to left.

Rock forward on R. Rock back on to L.Rock back on R. Rock forward on to L.

Step, Kick. Back, Touch, Side Step, Kick, Side Step, Hook Behind.

1 2	Step forward on R. Kick left foot forward (C	lan).

3 4 Step back on L. Touch R next to L.5 6 Step R to right side. Kick L across R.

7 8 Step L to left side. Hook R foot up behind L.

Grapevine Right, Touch, Grapevine Left With 1/4 Turn Left, Scuff.

12	Step R to right side. Cross step L behind R.
3 4	Step R to right side. Touch L next to R.

5 6 Step L to left side. Cross step R behind L.

7 8 Turn 1/4 left stepping forward on L. Scuff R forward.

Diagonal Step Right, Swivel R Heel Out, In, Step Together, Tap Left Out, In, Heel Swivel Right.

1 2 Step R forward to right diagonal. Swivel R heel out to right.

3 4 Swivel R heel left. Step R next to L.

Touch L toe out to left side. Step L next to R.

7 8 On balls of feet swivel both heels right. Recover heels back to centre.

Start Again. Enjoy!