

Cut and Paste

拍數: 16 牆數: 4 級數: Beginner
編舞者: Urban Danielsson (SWE) - October 2018
音樂: Cut and Paste - Richard Lynch : (CD: Mending Fences - iTunes)



Alt. music:-

I've Been Waiting For You by Amanda Seyfried, Christine Baranski & Julie Walters CD: Mamma Mia! Here We Go Again (Original Motion Picture Soundtrack) also available as download from iTunes.

Intro: 16 counts

Remove the Tag and Restart when using "I've Been Waiting For You".

Section 1: Rock/sway right, chassé left, cross, side, behind-side-cross, rock side

- 1 Rock to right side (small step) on right foot with a little body sway
- 2&3 Recover with a triple to left stepping: left to left side, right together, left to left side
- 4-5 Step right foot across in front of left foot, step left to left side
- 6&7 Step right foot behind of left, step left foot to left side, step right foot across in front of left foot
- 8 Rock left foot to left side

Section 2: Recover, behind-side-cross, rumba forward, rumba back, ¼ turn right step side, together

- 9 Recover weight onto right foot
- 10&11 Step left foot behind of right foot, step right foot to right side, step left foot across in front of right foot
- 12&13 Step right foot to right side, step left foot together, step right foot forward
- 14&15 Step left foot to left side, step right foot together, step left foot back
- 16& ¼ turn right step right foot to right side, step left next to right

RESTART and ENJOY!

Tags: There is a Tag, after wall 4 (facing front)

Restarts: There is a Restart after count 12& on wall 9 (start over to right side instead of continue with the rumba step forward).

Tag - Side rock-recover, back-rock recover

- 1 - 2 Rock right foot to right side, recover weight onto left
- 3 - 4 Rock right foot back, recover weight onto left