

Waiting 4 U

拍數: 32 牆數: 2 級數: Beginner

編舞者: Ron Bloye (UK) - November 2018

音樂: I've Been Waiting For You - Amanda Seyfried, Christine Baranski & Julie Walters
: (Album: Mamma Mia! Here we go again - Original Motion Picture - iTunes and Amazon.)



Start:- Start after 13seconds - on the word " I " (16 counts). Restart:- Wall 4. - 24 counts.

Sect 1: Rock Back Right - Recover Left - Shuffle Fwd - Shuffle Full Turn . (or Coaster-Step).

1 - 2 Rock Back Right (Lifting Left up Slightly) - Recover on Left.

3&4 Shuffle Forward - Right - Left - Right.

5 - 6 Rock Forward Left - Recover on Right.

7&8 Full Turn Shuffle - Left - Right - Left. (Over Left Shoulder).

(Alternative to Full Turn 7&8 is a Coaster-Step).

Sect 2: Rock Fwd Right - 1/4 Turn Right - Side Shuffle - Cross Side Behind Side Cross.

1 - 2 Rock Forward Right - Recover on Left.

3&4 ¼ Turn Right - Side Chasses - Right-Left-Right. (3 o'clock).

5 - 6 Cross Left over Right - Step Right to Side.

7&8 Left behind Right- Step Right to side - Cross Left over Right.

Sect 3: Rock Out Right - ¼ Sailor Step - Walk Back Left - Right - ½ Turn Shuffle.

1 - 2 Rock out Right - Recover on Left.

3&4 ¼ turn Sailor Step - Right - Left - Right.(6 o'clock).

5 - 6 Walk Back - Left - Right.

7&8 ½ Turn Shuffle - Left - Right - Left. (Over Left Shoulder)(12 o'clock).

Restart here:- Wall 4 (24 Counts) (6 o'clock).

Sect 4: Step Pivot ½ Turn Left - Shuffle Fwd - Rock Recover - Left Coaster Step.

1 - 2 Step Pivot Right ½ turn - Step on Left. (6 o'clock).

3&4 Shuffle Forward - Right - Left - Right.

5 - 6 Rock Fwd Left - Recover on Right.

7&8 Left Coaster Step - Back Left - Back Right - Forward Left.

Ending:- Music slows at 24 counts on final wall (7), dance to finish, and then

1. - Step Back Right –

2&3 - Slide Left slowly to Right and

4. Put Arms out and pose !! You are at 12 o' clock . perfect finish.

Teaching Beginners a Full Turn instead of doing a Coaster-Step. Happy Dancing !!!!

Last Update - 29 Nov. 2018