

Sixteen

拍數: 32 牆數: 4 級數: Improver
編舞者: Charlie Bowring (UK) - August 2019
音樂: Sixteen - Thomas Rhett : (Album: Life Changes - 3:03)



Intro: 16 counts from when heavy beat kicks in

SECTION 1: LEFT BEHIND, RECOVER, LEFT ¼ SHUFFLE LEFT, RIGHT STEP PIVOT ½ LEFT, ½ LEFT, SWEEP

1-2 Step left behind right, recover on to right
3&4 Left shuffle ¼ turn left
5-6 Step right forward, ½ turn left
7-8 ½ turn left stepping right back, sweep left from front to back

SECTION 2: LEFT BEHIND, SIDE, CROSS, SYNCOPATED MONTEREY ½ TURN RIGHT, RIGHT TOE STRUT

1&2 Step left behind right, step right to side, step left across right
3-4 Touch right to side, ½ turn right on ball of left stepping right down
5&6 Step left side, recover onto right, step left across right
7-8 Step to right on right toe, drop heel

Restart Walls 3 & 6

SECTION 3: LEFT BEHIND, RECOVER, LEFT KICK BALL CROSS, SWAY, SWAY ¼ LEFT, LEFT SHUFFLE FORWARD

1-2 Step left behind right, recover on to right
3&4 Kick left diagonally to left, step down on ball of left, step right across left
5-6 Sway hips left, sway hips right making ¼ turn left (weight on right)
7&8 Left shuffle forward

SECTION 4: RIGHT FORWARD, ROCK, CHASSE ¼ RIGHT, LEFT CROSS, ¼, ¼, STEP RIGHT DIAGONALLY FORWARD

1-2 Step right forward, recover on to left
3&4 Right chasse ¼ turn right
5-6 Step left across right, ¼ turn left stepping right back
7-8 1/4 turn left stepping left forward, Step diagonally right (body stays straight to wall)

TAG: 4 Count Tag: End of wall 7

1-2 Step left behind right, recover on to right
3-4 Step left to side, recover on to right.

Start again and have fun

Last Update - 15 Aug. 2019