

Listen To Me

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jan Brookfield (UK) - November 2019
音樂: All I Ever Wanted - Dori Freeman



Start dance after 8 counts.

Section 1 : [SIDE, CLOSE, SIDE-CLOSE-FORWARD] x 2

Choreographer's note : Keep the steps small in this section to give a gentle latin sway feel to the dance.

1,2,3&4 Step R to right side, close L to R; step R to right side, close L to R, step R forward

5,6,7&8 Step L to left side, close R to L; step L to left side, close R to L, step L forward

Section 2 : ROCK FORWARD, RECOVER, COASTER STEP; STEP, ½ PIVOT, SHUFFLE FORWARD

9,10,11&12 Rock R forward, recover onto L; step R back, step L next to R, step R forward

13,14 Step L forward, pivot half turn over right shoulder transferring weight to R

15&16 Shuffle forward on L,R,L (now facing 6 o'clock)

Section 3 : STEP FORWARD, TAP, SHUFFLE BACK; STEP BACK, TAP, SHUFFLE FORWARD

17,18,19&20 Step R forward, tap L next to R; shuffle back on L,R,L

21,22,23&24 Step R back, tap L next to R; shuffle forward on L,R,L

Section 4 : SWAY x 2, SIDE, TOUCH; CHASSE ¼ TURN, STEP ½ PIVOT TURN

25,26 Step R to right side swaying hip to right, recover weight onto L swaying hip to left

27,28 Step R to right side, touch L next to R

29&30 Step L to left side, close R to L, making a quarter turn left step L forward (3 o'clock)

31,32 Step R forward, pivot half turn left transferring weight onto L (now facing 9 o'clock)

START AGAIN

Last Update - 6 Nov. 2019