

Brick House

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Amy Christian (USA) - February 2020
音樂: Brick House - The Commodores



*Please take note that this step sheet is revised in 2022 and I have REMOVED the RESTARTS from the original step sheet. As the dance works just fine without the restarts.

Intro: 32 counts. Begin on the lyrics.

HEEL SWITCHES, & SLIDE TO THE RIGHT, TOGETHER, HEEL BOUNCES,

1&2& Place R heel fwd (1), Replace R(&), Place L heel fwd(2), Replace L(&),
3&4& Place R heel fwd (3), Replace R(&), Place L heel fwd(4), Replace L(&),
5-6 Take a big step to the right on R - dragging L, Step L next to R,
7-8 With knees bent, Bounce Heels twice, (weight ends on L),

ROCK FORWARD, RECOVER, BACK SHUFFLE X 2, OUT, OUT,

1-2 Rock R fwd, Recover on L,
3&4 Shuffle back R,L,R,
5&6 Shuffle back L,R,L,
7-8 Step R out to right side, Step L out to left side, (not forward),

CROSS SHUFFLE, ¼ FORWARD SHUFFLE, ¼ CROSS SHUFFLE, ¼ FORWARD SHUFFLE,

1&2 (Cross Shuffle) Cross R over L, Step on ball of L to left side, Cross R over L, [12:00]
3&4 ¼ Turn left Shuffle fwd L,R,L, [9:00]
5&6 Turn body ¼ right - Crossing R over L, Step on ball of L to left side, Cross R over L, [12:00]
7&8 ¼ Turn left Shuffle fwd L,R,L, [9:00]

PIVOT ½, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, BIG STEP BACK-DRAG L, TOUCH,

1-2 Step R fwd, Pivot ½ turning left, stepping L fwd, [3:00]
3&4 Shuffle fwd R,L,R,
5-6 Rock fwd on L, Recover on R,
7-8 Take a big step back on L - dragging R, Touch R next to L,

Start over!

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Last Update - 4 Aug 2022