

What We're Made Of

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dan Albro (USA) - February 2020
音樂: What We're Made Of - Haley & Michaels



Intro: 32 counts – start with vocals

[1-8] TRIPLE R, TRIPLE L, ¼ TURN, ½ TURN, ¼ SHUFFLE SIDE

1&2,3&4 Step R, L, R in place with body angled right, step L, R, L with body angled left
5,6, Turn ¼ right stepping fwd R, turn ½ right stepping back L
7&8 Turn ¼ right stepping side R, step L next to R, step side R - 12:00

[9-16] ROCK, REPLACE, SHUFFLE SIDE, CROSS OVER, SIDE, BEHIND, SIDE, CROSS

1,2,3&4 Cross rock L over R, replace weight on R, step side L, step R next to L, step side L
5,6,7&8 Step R over L, step side L, step R behind L, step side L, step R over L - 12:00

[17-24] SHUFFLE ½ BOX, TOUCH BACK 1/2 TURN CLOCKWISE

1&2& Step side L, step R next to L, step side L, turn ¼ right on ball of L - 3:00
3&4& Step side R, step L next to R, step side R, turn ¼ right on ball of R - 6:00
5&6,7,8 Step side L, step R next to L, step side L, touch R toe back, turn ½ right (weight R) 12:00

[25-32] ROCK, REPLACE, COASTER STEP, HEEL, SNAP R FINGERS & HEEL, SNAP R FINGERS &

1,2,3&4 Rock fwd L, replace weight on R, step back L, step R next to L, step fwd L
5,6&7,8& Touch R heel fwd, hold, step R next to L, touch L heel fwd, hold, step L next to R - 12:00

[33-40] STEP, ¼ PIVOT, CROSS, CLAP, ROCK SIDE, REPLACE, CROSS, CLAP

1,2,3,4 Step fwd R, pivot ¼ left (weight on L), cross step R over L, hold (clap hands) 9:00
5,6,7,8 Rock side L, replace weight on R, cross step L over R, hold (clap hands)

[41-48] SIDE, BEHIND, ¼ TURN, STEP, ½ PIVOT, ¼ SIDE, BEHIND, ¼ TURN

1,2,3,4 Step side R, step L behind R, turn ¼ right stepping fwd R, step fwd L - 12:00
5,6, Pivot ½ turn right (weight on L), turn ¼ right stepping side L, - 9:00
7,8 cross R behind L, turn ¼ left stepping fwd L - 6:00

[49-56] ROCKING CHAIR, STEP, ½ PIVOT, STEP, ½ PIVOT

1,2,3,4 Rock fwd R, replace weight on L, rock back on R, replace weight on L
5,6,7,8 Step fwd R, pivot ½ left (weight on L), step fwd R, pivot ½ left (weight on L)

[57-64] RUMBA BOX

1,2,3,4 Step side R, step L next to R, step fwd R, touch L next to R
5,6,7,8 Step side L, step R next to L, step back L, touch R next to R - 6:00