

Let's Grow It

拍數: 32 牆數: 4 級數: Newcomer WCS
編舞者: Angeles Mateu (ES) - September 2020
音樂: Grow - Gloria Tells



Sheet translated by Angeles Mateu
start at 32 counts

[1-8] ROCK RECOVER, ANCHOR STEP, TURN ½ X 2, ANCHOR STEP.

- 01 - Step forward with right foot leaving the weight.
- 02 - Recover weight in left foot.
- 03 - Step back with right foot in third position leaving the weight.
- & - Recover weight in left foot
- 04 - Recover weight in right foot.
- 05 - Turn ½ turn to the left leaving left foot forward
- 06 - Turn ½ turn to the left leaving right foot behind
- 07 - Step back with left foot in third position leaving the weight.
- & - Regain weight in right foot.
- 08 - Recover weight in left foot.

[9-16] SWAY X2, SAYLOR STEP, ROCK RECOVER, COUSTER STEP.

- 09 - Step with your right foot to the side, swinging your hip to the right.
- 10 - Swing the hip to the left.
- 11 - Cross right behind the left.
- & - Step left to the left.
- 12 - step right to the right.
- 13 - Step forward with left foot leaving the weight
- 14 - Regain weight in right foot.
- 15 - step back with left foot
- & - match right foot to left side
- 16 - step forward with left foot.

[17-24] ROCK RECOVER, ANCHOR STEP. TURN ½ X 2, ANCHOR STEP.

- 17 - Step forward with right foot leaving the weight
- 18 - Recover weight in left foot
- 19 - Step back with right foot in third position leaving the weight.
- & - Recover weight in left foot
- 20 - Recover weight in right foot.
- 21 - Turn ½ turn to the left leaving left foot forward
- 22 - Turn ½ turn to the left leaving right foot behind.
- 23 - Step back with left foot in third position leaving the weight
- & - recover weight on right foot
- 24 - Recover weight in left foot

[25-32] POINT, STEP, SUFFLE, STEP, HOLD, HILL BOUNCES 1/8.

- 25 - Tip with right foot to the right.
- 26 - Step forward with right foot.
- 27 - Step forward with left foot.
- & - Step with right foot next to left foot.
- 28 - Step forward with left foot.
- 29 - Step forward with right foot.
- 30 - Hold and turn the head ¼ to the left

- 31 - lift both heels and lower heels turning 1/8 to the left
 - & - lift both heels and lower heels turning 1/8 to the left
 - 32 - lift both heels and lower heels (leaving the weight on the left)
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