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 foot04 - 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 foot20 - 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 foot24 - 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)