

Lie to Me

拍數: 32 牆數: 4 級數: Improver WCS
編舞者: Karin van der Merwe (SA) - October 2020
音樂: Lie To Me - Brooke Benton



No Tags, No Restarts

[1-8] Walk, Walk, Anchor Step, Turn, Turn, Sailor Step

- 1,2,3&4 (1) Step fwd on RF, (2) step fwd on LF, (3) squeezing down into the floor, step down on RF behind left, (&) step down on to LF, (4) step down on RF behind LF
- 5, 6 (5) Turn ½ turn L over your left shoulder, step fwd on LF (6) Turn another ½ turn L stepping back on RF
- 7&8 (7) Step LF behind RF, (&) Step RF to R side, (8) Step LF to L side angling body to left diagonal [10:30]

[9-16] Over, Side, Sailor Turn, Knee Pop, Knee Pop, Chasse Left

- 1, 2 (1) Cross RF over LF, (2) Step LF to left side
- 3&4 (3) Cross RF behind LF (&) Turn ¼ turn R stepping LF to left side, (4) Step RF to right side
- 5&6& (5) Open both knees travelling slightly left, (&) Close both knees, (6) Open both knees travelling slightly right, (&) Close both knees
- 7&8 (7) Step LF to left side, (&) close RF to LF, (8) Step LF to left side [3:00]

[17-24] Cross Rock & Cross Rock & Step, ½ Turn R, Coaster Step

- 1, 2& (1) Rock RF across LF, (2) Recover on to LF, (&) Step RF to right side
- 3, 4& (3) Rock LF across RF, (4) Recover on to RF, (&) Step LF to left side
- 5, 6 (5) Step fwd on RF, (6) Turn ½ turn Right stepping back on the LF
- 7&8 (7) Step back on RF, (&) Close LF next to RF, (8) Step fwd on RF [9:00]

[25-32] L Dorothy, R Dorothy, Cross & Heel & Toe & Heel

- 1,2& (1) Step fwd on LF, (2) lock RF behind LF, (&) step fwd on LF
- 3,4& (3) Step fwd on RF, (4) lock LF behind RF, (&) step fwd on RF
- 5&6&7&8& (5) Cross LF over RF, (&) Step RF to right side, (6) Touch L heel fwd turning body to left diagonal, (&) step down on to LF, (7) touch R toe next to LF, (&) step down on to RF, (8) touch L heel fwd to left diagonal, (&) step down on LF [9:00]

Start Again.....

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