

Don't Forget Your Bags

拍數: 64 牆數: 2 級數: Improver
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音樂: Take Me Home (feat. Lone Sharx) - Electro Velvet : (CD: Take You Home - Single)



Intro : 16 Counts (Approx. 6 Seconds)

SUGARFOOT STEP, CROSSING CHA CHA CHA. X2.

- 1 - 2 Tap R toe next to L toe, tap R heel next to L toe.
- 3 & 4 Cross step R over L, step down onto L, step down onto R.
- 5 - 6 Tap L toe next to R toe, tap L heel next to R toe.
- 7 & 8 Cross step L over R, step down onto L, step down onto L. (12 O'CLOCK)

CROSS STRUT, BACK ¼ TURN R, SIDE. CROSS STRUT. REVERSE ROLLING VINE FULL TURN L.

- 1 - 2 - 3 - 4 Touch R toe across L, place R heel, make a ¼ turn R stepping L back, step R to R.
- 5 - 6 Touch L toe across R, place L heel.
- 7 - 8 - 1 Make a ¼ turn L stepping R back, make a ½ turn L stepping L forward, make a ¼ turn L stepping R to R. (3 O'CLOCK)

DRAG, BACK ROCK. SIDE, DRAG, BACK ROCK.

- 2 - 3 - 4 Drag L up to R, rock L back, recover onto R.
- 5 - 6 - 7 - 8 Step L to L, drag R up to L, rock R back, recover onto L. (3 O'CLOCK)

KICK TWICE. TOUCH BACK, UNWIND ½ TURN R. KICK TWICE. TOUCH BACK, UNWIND ¼ TURN L.

- 1 - 2 - 3 - 4 Kick R foot forward twice, touch R back, unwind a ½ turn R. (Weight onto R)
- 5 - 6 - 7 - 8 Kick L foot forward twice, touch L back, unwind a ¼ turn L. (Weight onto L) (6 O'CLOCK)

WEAVE LEFT with POINT. STEP, POINT, STEP, POINT.

- 1 - 2 - 3 - 4 Cross step R over L, step L to L, cross step R behind L, point L to L.
- 5 - 6 - 7 - 8 Step L forward, point R to R, step R forward, point L to L. (6 O'CLOCK)

WEAVE RIGHT with SWEEP BACK. BACK, SWEEP, BACK, SWEEP.

- 1 - 2 - 3 - 4 Cross step L over R, step R to R, cross step L behind R, sweep R back.
- 5 - 6 - 7 - 8 Step R back, sweep L back, step L back, sweep R back. (6 O'CLOCK)

TOUCH BACK, TWIST HEELS. X2. BACK ROCK.

- 1 - 2 - 3 Touch R back, twist both heels left, twist both heels back. (Weight onto R)
- 4 - 5 - 6 Touch L back, twist both heels right, twist both heels back. (Weight onto L)
- 7 - 8 Rock R back, recover onto L. (6 O'CLOCK)

BACK ½ TURN L, HITCH. STEP ½ TURN L, HITCH. JAZZ BOX.

- 1 - 2 (Travelling forward) Make a ½ turn L stepping R back, hitch L knee up.
- 3 - 4 Make a ½ turn L stepping L forward, hitch R knee up.
- 5 - 6 - 7 - 8 Cross step R over L, step L back, step R to R, step L forward. (6 O'CLOCK)

END OF DANCE!