

And I Love Her

拍數: 40 牆數: 4 級數: High Beginner
編舞者: Obig Luvansyah (INA) - June 2021
音樂: And I Love Her - Chris Landmark : (Beatles Cover)



Intro : 16 Count

LONG STEP, HOLD, FORWARD, ROCK STEP, RECOVER, SIDE SHUFFLE

1 2 Long step Rf to R side, Hold
3 4 Step Lf next to Rf, Step Slightly Forward Rf
5 6 Rock Forward Lf, Recover on Rf
7 & 8 Step Lf 1/4 turn L, Step Rf next to Lf, Step Lf to L side (09.00)

ROCKING CHAIR, PIVOT TURN, FORWARD SHUFFLE

1 2 Step rock forward Rf, Recover on Lf
3 4 Step rock backward Rf, Recover on Lf
5 6 Step Rf forward, Pivot 1/2 turn L (03.00)
7 & 8 Step Rf forward, Step Lf next to Rf, Step Rf forward

ROCK STEP, RECOVER, SIDE, HIP BUMP, SIDE SHUFFLE

1 2 Step Rock Lf forward, Recover on Rf
3 4 Step Lf to L side, Step touch Rf Beside Lf with Hips R
5 6 Step Rf to R side, Step touch Lf beside Rf with Hips L
7 & 8 Step Lf to L side, Step Rf next to Lf, Step Lf to L side

CROSS, UNWIND FULL TURN, SIDE ROCK, RECOVER, CROSS, CROSS SHUFFLE

1 2 Cross step Rf over Lf, Unwind full turn L (Put your weight on Rf)

Optional step for beginner

1 2 Cross step Rf over Lf, Hold
3 4 Rock Lf out to L side, Recover on Rf
5 6 Cross step Lf over Rf, Small step Rf to R side
7 & 8 Cross step Lf over Rf, Small step Rf to R side, Cross Lf over Rf

BASIC NIGHT CLUB R, L

1 2 Long step Rf to R side, Drag Lf towards R
3 4 Step rock back on Lf, Rock forward on Rf
5 6 Long step Lf to L side, Drag Rf towards L
7 8 Step rock back on Rf, Drag Rock forward on Lf

Restart at wall 3 after 32 count (facing 06.00)

Enjoy the dance ...

E-mail: obigluvansyah@gmail.com

Last Update - 1 July 2021