

Who's In Your Head

拍數: 48 牆數: 2 級數: Intermediate / Advanced
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音樂: Who's In Your Head - Jonas Brothers



Sequence: 48 40 48 40 36 40 32
Intro: Start after Count 16 (0:12 mins.)

S1 (1 - 8) Spot turn, Forward, Scuff, Forward, ¼ R Twist, ¼ R, ½ R, Back

1 2 LF step forward (1), Turn ½ R, transfer weight to RF in place (2) @6:00
3 4 LF step forward (3), RF scuff forward (4)
5 6 RF step forward (5), Turn ¼ R, LF step to side, twist L (6) @ 9:00
7&8 Turn ¼ R, RF step in place (7), Turn ½ R, LF step back (&), RF step back (8) @6:00

S2 (9 - 16) Tap Back, ½ L, Sit, Look Back, Rise, Replace, ¼ L, Tap, ¼ R, ½ R Tap

1 2 LF tap back (1), Turn ½ L, keep weight on RF (2) @12:00
3 4 Sit, upper body twist R, look back (3), Rise, upper body turn forward,
keep weight on RF (4)
5 6 LF step in place (5), Turn ¼ L, RF tap to side (6) @9:00
7 8 Turn ¼ R, RF step in place (7), Turn ½ R, LF tap to side (8) @6:00

S3 (17 - 24) ¼ L Cross, 1/8 L Side, 1/8 L Back, ¼ L Behind, ¼ L Forward, Cross, Replace, Side, Shrug, Close, Side

1 2 Turn ¼ L, LF cross over RF, facing 3:00 (1), Turn 1/8 L, RF step side (2) @1:30
3&4 Turn 1/8 L, LF step back, facing 12:00 (3), Turn ¼ L, RF cross behind, facing 9:00 (&), Turn ¼
L, LF step forward (4) @6:00 (Make a full turn over Count 1 - 4)
5&6 RF cross over RF (5), Replace on LF (&), RF step to side (6)
&7&8 Raise shoulders (&), Relax shoulders (7), LF close beside RF (&), RF step to side (8)

S4 (25 - 32) Back, ½ R, Spot turn, Forward, Side Rock, Replace, Cross, Side Rock, Replace, Cross, Forward

1 2 LF step back (1), Turn ½ R, RF step forward (2) @12:00
3&4 LF step forward (3), Turn ½ R, transfer weight to RF in place (&), LF step forward (4) @6:00
5&6 RF step to side, rock R (5), replace on LF (&), RF cross over LF (6)
&7&8 LF step to side, rock L (&), replace on RF (7), LF cross over RF (&), RF step forward (8)

*Ending happens after Count 32 on Wall 7.

S5 (33 - 40) ¼ R Swing, ¼ R, ¼ R Swing, ¼ R, Side rock, Close, Side rock, Close

1 2 Turn ¼ R, LF step to side, swing hips L (1), Turn ¼ R, RF step in place (2) @ 12:00
3 4 Turn ¼ R, LF step to side, swing hips L (3), Turn ¼ R, RF step in place (4) @6:00

*Restart after Count 36 on Wall 5

5&6 LF step to side, rock L (5), replace on RF (&), LF close beside RF (6)
7&8 RF step to side, rock R (7), replace on LF (&), RF closed beside LF (8)

*Restart after Count 40 on Wall 2, 4 and 6

S6 (41 - 48) ¼ L, 3/8 L Side, 1/8 L Behind, 1/8 L Side, 1/8 L Cross, ¼ R, Forward, ½ R, ¼ R Tap

1 2 Turn ¼ L, LF step forward (1), Turn 3/8, RF step to side (2), @10:30
3&4 Turn 1/8 L, LF step behind, facing 9:00 (3), Turn 1/8 L, RF step to side, facing 7:30 (&), Turn
1/8 L, LF cross over RF (4) @6:00
5 6 Turn ¼ R, RF step forward (5), LF step forward (6) @9:00
7 8 Turn ½ R, transfer weight to RF in place (7), Turn, ¼ R, LF tap beside RF (8) @6:00

Ending (1,2) ½ L, Sit

1 2 Turn ½ L (1), Sit, put hands together and place under L jaw with head tilting L (2)

