

23 With Me

拍數: 48 牆數: 2 級數: Improver
編舞者: Jill Weiss (USA) - February 2022
音樂: 23 - Sam Hunt



No tags or restarts

ROCK, REPLACE, SHUFFLE FORWARD 2 X

- 1-2 3&4 Press R toe forward while rocking right hip forward, replace weight back to L while rocking hip back, step forward R, step ball of L next to R, step R forward
5-6 7& 8 Repeat with L: Press L toe forward, while rocking left hip forward, replace weight back to R while rocking hip back, step forward L, step ball of R next to L, step L forward

ROCK, REPLACE, SHUFFLE ½ RIGHT, SHUFFLE ½ RIGHT, SHUFFLE ¼ RIGHT

- 1-2 3&4 Rock R forward, replace back to L, turn ¼ right with R, step ball of L next to R, turn ¼ right stepping R forward (6:00)
5&6 7&8 Step ¼ right with L, step ball of R next to L, turn ¼ right stepping L back (12:00) Continue to turn ¼ right stepping R, L together, R (3:00)

(Easier option – shuffle back RLR, LRL, shuffle ¼ right RLR to 3:00)

CROSS SIDE SAILOR STEP, SYNCOPATED WEAVE

- 1-2 3&4 Cross L over R, step side R, step L behind R, step R to side, step L to side
5-6 7&8 Cross R over L, step side L, step R behind L, step L to side, cross R over L (3:00)

(&) ROCK BACK, TURN ½ LEFT, HOOK/TOUCH, ROCK FORWARD, COASTER

- &1-2-3-4 Step ball of L to left side, rock R back angling to 4:30, replace forward to L, turn ½ left stepping back on R (10:30), hook or touch L in front of R
5-6 7&8 Rock forward on L, replace back to R, step back on L, step R next to L, step L forward (10:30)

SWAY, SWAY, CHASSE RIGHT; TURN ¼ LEFT AND SWAY SWAY CHASSE LEFT

- 1-2 3&4 Step R to right swaying to right squaring up to 9:00, sway left, step R to right, step L next to R, step R to right (9:00)
5-6 7&8 Turn ¼ left and step L, swaying to left, sway right, step L to left, step R next to L, step L to left(6:00)

CROSS BACK AND CHASSE RIGHT, CROSS FULL UNWIND, SIDE ROCK

- 1-2 3&4 Cross R over L (1), step back on L(2), step R to right, step L next to R, step R to right
5-6-7-8 Cross L over R, unwind full turn right(wt to L), side rock R to right, replace to L

ENDING: Wall 6 starts at 6:00, dance up to count 32 facing 4:30, substitute a coaster cross for the coaster stepping L in front of R, and unwind over your right shoulder to 12:00.

Thank you, Nancy Golembeski, for suggesting this music!

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