Ain't She Beautiful



拍數: 32 牆數: 4 級數: Improver

編舞者: Berit Hvenegaard (DK) - July 2022 音樂: A Guy With a Girl - Blake Shelton



Intro: 16 count intro - Start with LF

Special: 1 restart

(1-8) Coaster step, rocking chair, step 1/4, cross, step 2 x 1/4, touch

1&2 Coaster step LRL

3&4& Rocking chair starting with RF

5&6 Step forward on RF and turn 1/4 to the left, cross RF over LF (9:00)

7&8 Turn 1/4 to the right stepping back on LF, turn 1/4 to the right stepping RF to the right, touch

LF beside RF (3:00)

RESTART HERE WALL 3

(9-16) Rumba box forward, shuffle back, sway, sway

1&2 Step LF to the left, step RF beside LF, step LF forward3&4 Step RF to the right, step LF beside RF, step RF back

5&6 Shuffle back LRL7-8 Sway right, sway left

(17-24) Rock 1/4, behind side forward, mambo, hook, shuffle forward

1&2 Rock forward on RF, recover on LF, step RF to the right turning 1/4 to the right (6:00)

3&4 Step LF behind RF, step RF to the right, step LF slightly forward

5&6& Mambo step starting with RF, hook LF in front of shin

7&8 Shuffle forward LRL

(25-32) Step turn step, chassé 1/4, back rock, chassé

Step forward on RF, turn 1/2 shifting weight to LF, step forward on RF (12:00)

Turn 1/4 stepping LF to the left, step RF beside LF, step LF to the left (3:00)

5-6 Rock back on RF, recover on LF

7&8 Step RF to the right, step LF beside RF, step RF to the right

Remember to enjoy the music, too

You can contact me here: hvenegaard_0914@yahoo.com

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