

# Left and Right

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Hiroko Carlsson (AUS) - August 2022  
音樂: Left and Right (feat. Jung Kook) - Charlie Puth : (Spotify / Apple Music)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

(Intro: 16 counts)

## [S1] V Step, Dip-Point-Dip-Point

1 2            Step forward on R to R Diagonal, Step forward on L to L Diagonal  
3 4            Step R back to the centre, Step L next to R  
5 6            Step R to the side as you dip down/bending knees, Straighten and point L toe to the side  
7 8            Sift weight to the left as you dip down/bending knees, Straighten and point R toe to the side

## [S2] Rocking Chair, 1/4L Dip-Point-Dip-Point

1 2            Rock forward on R Replace weight on L,  
3 4            Rock back on R, Replace weight on L  
5 6            Make a ¼ turn left stepping R to the side as you dip down/bending knees (9:00), Straighten  
                 and  
                 point L toe to the side  
7 8            Sift weight to the left as you dip down/bending knees, Straighten and point R toe to the side\*\*

## [S3] Behind, Side, Cross Shuffle, Side Shuffle, Back Rock

1 2            Step R behind L, Step L to the side  
3&4            Cross R over L, Step L close to R, Cross R over L  
5&6            Step L to the side, Step R close to L, Step L to the side  
7 8            Rock R behind L, Replace weight on L

## [S4] Side, Behind, 1/4R Fwd Shuffle, 1/4R Side Shuffle, Back Rock

1 2            Step R to the side, Step L behind R  
3&4            Make a ¼ turn right stepping forward on R (12:00), Step L close to R, Step forward on R  
5&6            Make a ¼ turn stepping L to the side (3:00), Step R close to R, Step L to the side  
7 8            Rock R behind L, Replace weight on L

Restart on Wall 2 count 16\*\* (12:00) and Wall 5 count 16\*\* (3:00)

Ending suggestion; The last wall starts facing 12:00. Dance up to Section 2 count 8 (9:00), then  
Make a sharp ¼ turn right stepping R next to L (&), Step forward on L (1)

(updated: 11/Jul/22)