

Beer Me

拍數: 32 牆數: 2 級數: Beginner/Improver
編舞者: Betty Moses (USA) - August 2023
音樂: Beer Me - Chris Janson



16 count intro
One Tag – No Restarts

[1-8] Kick, Out, Out, Lock Step Back, Step Touch (2Xs), Coaster Cross

1&2 Kick R forward (1), Step R out to side (&), Step L out to side (2)
3&4 Step R back (3), Step L back over R (&), Step R back (4)
5&6& Step L to side (5), Touch R next to L (&) Step R to side (6) Touch L next to R (&)
7&8 Step L back (7), Step R next to L (&), Cross L over R (8)

[9-16] Side Rock/Recover/Cross (2Xs), Side Triple Step, ¼ Turn Side Triple Step

1&2 Rock R to side (1), Recover weight on L (&), Cross R over L (2)
3&4 Rock L to side (3), Recover weight on R (&), Cross L over R (4)
5&6 Step R to side (5), Step L next to R (&), Step R to side (6)
7&8 Step L to side turning ¼ left (7), Step R next to L (&), Step L to side (8) 9:00

[17-24] Syncopated Rocking Chair, Chase ½ Turn, Syncopated Rocking Chair, ¼ Pivot/Cross

1&2& Rock forward on R (1), Recover weight on L (&), Rock back on R (2), Recover weight on L (&0)
3&4 Step forward on R (3), Pivot ½ turn over left shoulder (&) Step forward on R (4) 3:00
5&6& Rock forward on L (5), Recover weight on R (&), Rock back on L (6), Recover weight on R (&)
7&8 Step L forward (7), Pivot ¼ turn over right shoulder (&) Cross L over R (8) 6:00

[25-32] Reverse Rumba Box, Mambo Forward, Coaster Step

1&2-3&4 Step R to Side (1), Step L next to R (&), Step R back (2), Step L to side (3), Step R next to L (&), Step L forward (4)
3&4 Rock forward on R (5), Recover weight on L (&), Step R back (6)
7&8 Step back on L (7), Step R next to L (&), Step L forward (8)

Enjoy!

Tag: At the end of wall 2 – Repeat the last 4 counts of the dance (counts 29-32) - Mambo forward, Coaster Step and restart the dance facing 12:00

Betty Moses – dorbmoses@msn.com

Last Update: 11 Aug 2023