

拍數: 64 牆數: 4 級數: Improver
編舞者: Nathan Gardiner (SCO) - August 2024
音樂: Kidz - Take That



Intro: Start on vocals 34 seconds into track

Walk Forward R & L, Kick Ball Step, Rocking Chair

1-2 Step forward on R, Step forward on L
3&4 Kick R foot forward, Step R next to L, Step forward on L
5-6 Rock forward on R, Recover on L
7-8 Rock back on R, Recover on L

Shuffle ½ L, Rock Back, Recover, Shuffle ½ R, Rock Back, Recover

1&2 ¼ L stepping R to R side, Step L next to R, ¼ L stepping back on R
3-4 Rock back on L, Recover on R
5&6 ¼ R stepping L to L side, Step R next to L, ¼ L stepping back on L
7-8 Rock back on R, Recover on L

Cross, Point, Cross, Point, Jazz Box ¼ R with Cross

1-2 Cross R over L, Point L to L side
3-4 Cross L over R, Point R to R side
5-6 Cross R over L, 1/8 R stepping back on L
7-8 1/8 R stepping R to R side, Cross L over R

Dip, Touch, Dip, Touch, Hip Bumps R, L, R, L

1-2 Step R to R side slightly bending both knees, Touch L to L diagonal
3-4 Step L to L side slightly behind both knees, Touch R to R diagonal
5-6 Step R to R side bumping hips to R side, Bump hips to L side
7-8 Bump hips to R side, Bump hips to L side

Shuffle Forward, Step Pivot ½ R, Shuffle Forward, Step Pivot ½ L

1&2 Step forward on R, Step L next to R, Step forward on R
3-4 Step forward on L, Pivot ½ R
5&6 Step forward on L, Step R next to L, Step forward on L
7-8 Step forward on R, Pivot ½ L

Toe Strut R & L, Out, Out, In, In

1-2 Place R toes forward, Drop down R heel
3-4 Place L toes forward, Drop down L heel
5-6 Step R to R side, Step L to L side
7-8 Step back on R, Step L next to T

Monterey ¼ R, Monterey ¼ R

1-2 Point R toe to R side, ¼ R stepping R next to L
3-4 Point L to L side, Step L next to R (Restart Point: Wall 6)
5-6 Point R toe to R side, ¼ R stepping R next to L
7-8 Point L to L side, Step L next to R

Rock Forward, Recover, ½ R, Rock Forward, Recover, ½ L, Paddle ¼ L, Paddle ¼ L

1-2 Rock forward on R, Recover on L
3 ½ R stepping forward on R

4-5 Rock forward on L, Recover on R
6 ½ L stepping forward on L
7-8 Paddle ¼ L pointing R to R side, Paddle ¼ L pointing R to R side

Restart: On wall 6 dance 52 counts then restart the dance

Contact: nathan.gardiner1998@hotmail.co.uk
