

Build It Back

拍數: 32 牆數: 4 級數: Improver
編舞者: Cody James Lutz (USA) - December 2024
音樂: Guy For That (feat. Luke Combs) - Post Malone



#32 Count Intro.

(1-8) WALK (x2), OUT-OUT, IN, STEP, ROCK, REC, ½ TURN SHUFFLE

1 2 Step forward on right, step forward on left (12)
&3&4 Step right to right side, step left to left side, step right next to left, step forward on left (12)
5 6 Rock forward on R, recover weight to L (12)
7&8 Make a ½ turn R stepping forward on R, step L together with R, step forward on R (6)

(9-16) ROCK, REC, ½ TURN SHUFFLE, ½ TURN PIVOT, ¼ BIG STEP OUT W/ DRAG, TOUCH

1 2 Rock forward on L, recover weight to R (6)
3&4 Make a ½ turn L stepping forward on L, step R together with L, step forward on L (12)
5 6 Step forward on R, make a ½ turn pivot L taking weight on L (6)
7 8 Make a ¼ turn L taking a big step out to R dragging L foot, touch L next to R* (3)

(17-24) OUT, BALL, CROSSING SHUFFLE, 1/4 BACK, OUT, CROSSING SHUFFLE

1 2 Step L out to L side, bring ball of R next to L (3)
3&4 Cross L over R, recover weight to R, cross L over R (3)
5 6 Make a ¼ turn L stepping back on R, step L next to R (12)
7&8 Cross R over L, recover weight to L, cross R over L (12)

(25-32) SIDE-ROCK, REC, BEHIND-SIDE-CROSS, ¼ MONTEREY, SIDE-TOUCH, CLAP (x2)

1 2 Rock L to L side, recover weight to R (12)
3&4 Step L behind R, step R to R side, cross L over R (12)
5&6& Point RF to R side, make a ¼ turn R stepping R next to L, point LF to L side, step L next to R (3)
7&8 Point RF to R side, clap hands to left side once, twice (3)

(Harder option: On Counts 3&4, you can do a full-turn-cross as desired:

3&4 Make a 1/2 turn L stepping L to L side, make a ½ turn L stepping R to R side, cross L over R)

*Restart on Walls 2 & 5 after Count 16 - instead of touching L next to R, take weight on LF and restart.

Last Update: 11 Dec 2024