

Kate

拍數: 40 牆數: 4 級數: Intermediate nightclub
編舞者: Theresa Needham (UK)
音樂: You Needed Me - Anne Murray



ROCK FORWARD RECOVER, SHUFFLE BACK, ROCK RECOVER TRIPLE FULL TURN FORWARD

1-2& Rock forward onto right, recover onto left, step right next to left
3&4 Shuffle back on a left right left
5-6 Rock back on right, recover onto left
7&8 Full turn forward on a right left right

ROCK AND CROSS, SIDE BEHIND SIDE AND FRONT, ROCK RECOVER BEHIND SIDE CROSS

1&2& Rock left to left side, recover onto right, cross left over right, step right to right side
3&4 Step left behind right, step right to right side, cross left in front of right
5-6 Rock right to right side, recover onto left
7&8 Step right behind left, step left to left side, cross right in front of left

STEP SWEEP STEP, BACK ¼ CROSS, STEP CROSS ROCK RECOVER, CHASSE LEFT

1-2& Step forward on left, sweep right in front of left, step onto right
3&4 ¼ turn right stepping back on left, step right to right side, cross left over right
5-6& Step right to right side, rock left across right, recover onto right
7&8 Left chasse on a left right left

SAILOR ¼ RIGHT, STEP LOCK STEP, STEP PIVOT ½ LEFT, ROCK ¼ RIGHT STEP

1&2 Sailor ¼ right
3&4 Left step lock step
5&6 Step forward on right, pivot ½ turn left, step forward on right
7&8 Rock left to left side, recover onto right making ¼ turn right, step forward on left

FORWARD MAMBO, SHUFFLE ½ LEFT, STEP PIVOT ½ LEFT, TRIPLE FULL TURN FORWARD

1&2 Forward mambo
3&4 Shuffle ½ turn left on a left right left
5&6 Step forward on right, pivot ½ turn left, step forward on right
7&8 Full turn right on left right left

REPEAT

TAG

On wall 3 after 32 counts

1-4 Step back on right, ¼ turn left stepping left to left side, sway right, sway left (6:00)

Restart from beginning