

拍數: 32

級數: Intermediate

編舞者: Neville Fitzgerald (UK)

音樂: Get the Party Started - P!nk

SIDE, BEHIND & CROSS, KICK, SAILOR ¼ TURN, LEFT SHUFFLE

- 1-2&3 Step right to right side, step left behind right, step right to right side, cross step left across right
- 4 Kick right foot diagonally forward right
- 5&6 Step right behind left, making ¼ turn left step forward on left, step forward on right
- 7&8 Step left forward, step right next to left, step forward left

KICK & CROSS & HEEL & CROSS, TURN, TURN, CROSS, KICK

- 1&2& Kick right foot forward, step right in place, cross step left over right, step right foot back diagonally right
- 3&4 Touch left heel diagonally forward left, step left in place, cross step right over left
- 5-6 Making ¼ turn to right step back on left, making ¼ turn to right step right to right side
- 7-8 Cross step left over right, kick right foot diagonally forward right

& TOE & TOE & HEEL & CROSS, TURN, TURN, HEEL & CROSS

- &1&2 Step right in place, touch left toe to left side, step left in place, touch right toe to right side
- &3&4 Step right in place, touch left heel diagonally forward left, step left in place, cross step right over left
- 5-6 Making ¼ turn right step back on left, making ¼ turn to right step right to right side
- 7&8 Touch left heel diagonally forward, step left in place, cross step right over left

STEP, HOLD, TURN, TURN, ROCK BACK, RECOVER, TURN, TURN

- 1-2 Step left-to-left side, hold
- 3-4 On ball of left foot make ½ turn to right stepping to right side, on ball of right foot make ½ turn to right stepping left to left side
- 5-6 Rock back on right behind left, recover weight onto left

Note steps 7-8 make a full turn left but traveling back to the right where you came from on steps 3-4, legs will be crossed right behind left (confused?)

7-8 On ball of left make ½ turn to left stepping right behind left, on ball of right make ½ turn to left, stepping left across right

REPEAT





牆數: 4