

Know Where

拍數: 40 牆數: 4 級數: Advanced
編舞者: Linus Ellis (USA) & Cherie Belle Johnson
音樂: Can't Get Nowhere - The Tractors



SYNCOPATED WEAVE WITH ROCK AND BACK COASTER STEP

1 Step right to right
2 Cross left behind right
&
3 Step right to right
4 Cross left over right
&
5 Step right to right
6 Cross left behind right
&
7 Step right to right
8 Rock left forward
9 Return weight to right
10 Step back on left
11 &
12 Step right next to left
13 8 Step forward on left

ROCK FORWARD, RETURN, HEEL TOUCHES, KNEE PUMPS WITH BACK SCOOT, TRIPLE FORWARD

1 Rock right forward
2 Return weight to left
&
3 Step back on right
4 Touch left heel forward
&
5 Scoot back on right while hitching left knee
6 Touch left heel forward
&
7 Step back on left and hitch right knee
8 Touch right heel forward
&
9 Scoot back on left while hitching right knee
10 Touch right heel forward
11 &
12 Step back on right
13 7 Step slightly forward on left
14 &
15 Step right toe next to left instep
16 8 Step slightly forward on left

CROSS, BACK, BACK, ¼ TURN LEFT, SIDE, LEFT SAILOR SHUFFLE, STEP, TURN

1 Cross right over left
2 Step back on left
&
3 Step back on right
4 Turn ¼ turn left on right and step on left
5 Step right to right side
6 Cross left behind right
&
7 Step right to right side
8 Step left slightly forward
9 Step right forward
10 8 Turn ½ turn left on right and step on left

ROCK, RETURN, FULL TURN RIGHT TURN, BACK COASTER, STEP-LOCK-STEP FORWARD

1 Rock forward on right
2 Return weight to left
3 Turn ½ turn right on left and step on right

- & Turn ½ turn right on right, step back on left
- 4 Step back on right
- 5 Step back on left
- & Step right next to left
- 6 Step forward on left
- 7 Step forward on right
- & Cross-step left behind right
- 8 Step forward on right

ROMP STEPS, CROSS STEPS, HEEL JACK, CROSS STEPS

- & Step left to left
- 1 Touch right heel forward at a right angle
- & Step on ball of right slightly behind left
- 2 Cross left over right
- & Step right to the right
- 3 Touch left heel forward at a left angle
- & Step on ball of left slightly behind right
- 4 Cross right over left
- & Step left to left
- 5 Cross left over right
- & Step left to left side
- 6 Touch right heel forward at a right angle
- & Step on ball of right slightly behind left
- 7 Cross left over right
- & Step right to right side
- 8 Cross left over right

REPEAT
