Little Red Book

拍數: 36

級數: Intermediate

編舞者: Max Perry (USA)

音樂: My Little Red Book - The Embers

Choreographed for the Can-Am Event the theme being "colors"

WALK, WALK, TRIPLE IN PLACE, COASTER STEP, ¼ TURN LEFT

- 1-2 Walk forward right, left
- 3&4 Right shuffle in place slightly crossing right instep to left foot (anchor step) right, left, right
- 5&6 Step left back, step right next to left, step left forward
- 7-8 Step right forward and turn ¼ left, step left in place

CROSS, STEP SIDE, SAILOR SHUFFLE (JOSE' CUERVO)

- 1-2 Cross step right over left, step left to left side
- 3&4 Cross right behind left, step left to left side, step right in place

SYNCOPATED WEAVE RIGHT

5&6&7&8 Cross step left over right, step right side, cross left behind right, step right side, cross left over right, step right side, cross left behind right

RIGHT SIDE ROCK, SAILOR SHUFFLE, LEFT FORWARD PRESS WITH HEEL TAPS, KICK

- 1-2 Rock right to right side, step left in place
- 3&4 Cross right behind left, step left to left side, step right in place
- 5 Press step left forward with ball of foot
- 6-7 Tap left heel twice
- 8 Shift weight back onto right foot as you kick left forward

BACK ROCK, FORWARD SHUFFLE, ½ TURN LEFT

- 1-2 Rock left back, step right in place
- 3&4 Left shuffle forward left, right, left
- 5-6 Step right forward and turn ½ left, step left in place
- There are only 6 counts in this section

WALK, WALK, ¼ TURN LEFT, SIDE, CROSS, STEP TURN ¼ RIGHT, LEFT SHUFFLE TURNING ½ RIGHT

- 1-2 Walk forward right, left
- &3 Turn ¼ left as you step right side, cross left over right
- 4 Turn ¼ right as you step right forward
- 5&6 Left shuffle in place turning ½ right

REPEAT





牆數:4