

Love From Hilary

拍數: 32 牆數: 2 級數: Advanced
編舞者: Michael Lynn (UK)
音樂: With Love - Hilary Duff



CHASSE RIGHT, STEP HOLD, STEP PIVOT ¼ LEFT, HOLD CROSS SIDE

1&2 Step right to right side, close left beside right, step right to right side
3-4 Step forward left, hold
5-6 Step forward right, pivot ¼ left - transferring weight to left
7&8 Hold, cross right over left, step left to left side

CROSS HOLD, SIDE ROCK RECOVER & HEEL CROSS, SHRUG, HEAD, STEP, SHRUG

1-2 Cross right behind left, hold
3&4 Rock right to right side, recover weight onto left, cross right heel over left
5-6 Shrug shoulders up, with sharp head turn look to left (9:00)
7&8 Step forward left, shrug shoulders up & down

TWIST, TWIST, CROSS, SIDE, HEEL DIG, FULL SIDE TRIPLE TURN, PADDLE ¼ TURNS LEFT

1-2 Twist heels out, twist heels in
3&4 Cross left behind right, step right in place, dig left to left diagonal (traveling left)
5&6 Triple step full turn left, stepping - left, right, left (traveling left to face same wall)
&7 Hitch right knee across left, make ¼ turn left pointing right toe to right side
&8 Hitch right knee across left, make ¼ turn left pointing right toe to right diagonal (transfer weight to right)

ATTITUDE KNEE POPS & FUNKY SHOULDERS/ARMS, TOUCH, SLIDE, STEP SWIVELS

1& Pop right knee in bringing right shoulder & right arm in, step right back bringing right shoulder & right arm out
2& Pop left knee bringing left shoulder & left arm in, step left foot back bringing left shoulder & left arm out
3& Pop right knee in bringing right shoulder & right arm in, pop right knee out bringing right shoulder & right arm out
4 Pop right knee in bringing right shoulder & right arm in
5-6 Take a large step with left ¼ right, as you slide right beside left push right arm to right side
&7&8 Step right foot forward, swivel both heels forward (body facing 9:00), swivel both heels back in place, swivel both heels forward with weight ended on left

REPEAT

TAG

After wall 7

WALKAROUND TURN

1-4 Make a full turn left walking round right, left, right, left