

Man On A Mission

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alan Haywood (UK)
音樂: Man On A Mission - Hall & Oates



RIGHT FORWARD SHUFFLE, ROCK RECOVER, LEFT BACK SHUFFLE, ROCK RECOVER

1&2 Step right forward, close left to it, step right forward
3-4 Rock forward onto left, recover weight back onto right
5&6 Step left back, close right to it, step left back
7-8 Rock back onto right, recover weight forward onto left

RIGHT FORWARD, ½ LEFT, TRIPLE ½ LEFT, BEHIND & ACROSS, SIDE ROCK RECOVER

1-2 Step right forward, pivot ½ left
3&4 Step right forward, make a ½ left stepping left forward, step right forward
5&6 Step left behind right, step right to right side, step left over right
7-8 Rock right to right side, recover weight onto left

SYNCOPATED WEAVE LEFT, ROCK FORWARD, RECOVER, LEFT BACK SHUFFLE

1&2 Step right behind left, left to left side, step right across left
&3&4 Step left to left side, right behind left, left to left side, step right over left
5-6 Rock forward onto left, recover weight back onto right
7&8 Step left back, close right to it, step left back

½ RIGHT TOE STRUT TWICE, ROCK BACK RECOVER, RIGHT FORWARD MAMBO

1-2 Make ½ turn right stepping right toe forward, drop right heel
3-4 Make ½ turn right stepping left toe back, drop left heel
5-6 Rock back onto right, recover weight forward onto left
7&8 Step right forward, step left next to right, step right back

SYNCOPATED WEAVE RIGHT, RIGHT HEEL FORWARD, HOLD & LEFT HEEL FORWARD, HOLD

1&2 Step left over right, right to right side, left behind right
&3&4 Right to right side, left over right, right to right side, left behind right
5-6 Right heel forward, hold
&7-8 Step right back, left heel forward, hold

CROSS, BACK, & CROSS, BACK, ROCK BACK, RECOVER, RIGHT LOCK STEP

1-2 Cross step left over right, step back onto right
&3-4 Step left back, cross step right over left, step left back
5-6 Rock back onto right, recover weight forward onto left
7&8 Step right forward, lock step left behind right, step right forward

¼ RIGHT SHUFFLE, RIGHT SAILOR, ½ LEFT TOE STRUT, ¼ LEFT TOE STRUT

1&2 Step left to left side making ¼ right, close right next to left, step left to left side
3&4 Cross right behind left, step left to left side, step right in place
5-6 Make ½ turn left stepping left toe forward, drop left heel
7-8 Make ¼ turn left stepping right toe to side, drop right heel

LEFT SAILOR, RIGHT SAILOR, SIDE, HOLD, & SIDE HOLD

1&2 Cross left behind right, right to right side, left in place
3&4 Cross right behind left, step left to left side, step right in place
5-6 Step left to left side, hold

&7-8

Step right next to left, step left to left side, hold

REPEAT
