

More Satisfaction

拍數: 32 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: A Little Less Conversation (Radio Edit Remix) - Elvis & JXL



KICK-BACK-TOGETHER, SWIVEL, SWIVEL WITH ¼ TURN, STEP, SLIDE, HOP 3X

- 1&2 Kick right forward; step back on right; step left next to right
3-4 Swivel both feet to right; swivel both feet to left turning ¼ left
For added style, turn your head right and then left while you swivel
5-6 Step right to right side; slide left to right
7&8 Hop 3 times to left (or you can do a side step, together; step going to the left)

KICK-STEP-TOUCH-STEP, KICK-BALL-CHANGE, BOUNCE ON HEELS 3 TIMES WITH ¼ TURN RIGHT, KICK-BACK-SIT

- 9& Kick right forward; step right next to left
10& Touch left to left side; step left next to right
11&12 Kick right forward; step right next to left; change weight to left
13&14 Bounce 3 times on heels as you turn ¼ turn to your right
15&16 Kick right forward; set right back; slightly sit (right foot should be pointing slightly to right, left should be on its toes)

SNAP BACK AND FORWARD, WALK, WALK, SNAP BACK AND FORWARD, WALK, WALK

- 17-18 Snap right fingers to the back as you turn head to the back; snap fingers to the front as you turn head to the front shifting weight to left
19-20 Walk forward right, left
21-22 As you shift your weight to right, snap right fingers to the back as you turn your head to the back; snap fingers to the front as you turn your head to the front shifting weight to left
23-24 Walk forward right, left

STEP OUT, OUT, IN, IN, ROCK FORWARD AND ½ TURN, STEP OUT, OUT, IN, IN, HOP FORWARD AS YOU DROP DOWN AND UP

- &25 Step right out to right side; step left out to left side
&26 Step right in towards left; step left next to right
27&28 Rock forward on right; recover back on left; rock forward on right as you turn ½ turn right
&29 Step left out to left side; step right out to right side
&30 Step left in towards right; step right next to left
&31 Hop forward on left; quickly step right next to left bending knees slightly
32 Straighten knees

HOP FORWARD, BACK, FORWARD ¼ TURN, BACK, FORWARD, CLAP, FORWARD, CLAP

- &33 Hop forward left, right
&34 Hop back left, right
&35 Hop forward left, right turning ¼ turn to left
&36 Hop back left, right
&37-38 Hop forward left, right; clap
&39-40 Hop forward left, right; clap

REPEAT

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After the first wall, restart, repeating first 3 sets of 8 counts, then add:
OUT, OUT, IN, IN, STEP, TOGETHER

- &1 Step right out to right side; step left out to left side
- &2 Step right in towards left; step left next to right
- 3-4 Step right; step left next to right

Now go back to beginning
