

Motown Beat

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Uptown Girl - Westlife



MONTEREY ¼ TURN KICK BALL CHANGE, HEAL JACK

1-2 Right toe to right side, turn ¼ right, right toe to base
3-4 Touch left toe to left side, touch left toe to base
5&6 Kick left forward, step left beside right, step onto right in place
&7-8 Step right foot back, left heal forward, step back on left, touch right next to left

MONTEREY ¼ TURN, TOUCH KICK, COASTER STEP

1-2 Right toe to right side, turn ¼ right, right toe to base,
3-4 Touch left toe to left side, left toe to base (weight on left,)
5-6 Touch right toe down, kick right leg forward
7&8 Step back on right, step left beside right, step forward right

LOCK STEP, SHUFFLE, ¼ TURN, LOCK STEP, SHUFFLE

1-2 Step left foot cross right behind left
3&4 Step forward left, close right beside left, step forward on left
5&6 ¼ Turn right step right foot forward, cross left behind right
7&8 Step forward right, close left beside right, step forward right

PIVOT ½ TURN & SHUFFLE FORWARD, FULL TURN, WALKS

1-2 Left forward pivot ½ turn right
3&4 Step forward left, close right beside left, step forward left
5-6 Full turn left, stepping right left (or 2 walks forward right left)
7-8 Walk forward right left

SWAY RIGHT & LEFT AND STEP TOGETHER STEP

1-2 Sway right, sway left (swaying both arms to right then left)
3&4 Step on right to right side, step left beside right, step on right, (full circle to right with arms)
5-6 Sway left, sway right (swaying both arms to left then right)
7&8 Step on left to left side, step right beside left, step on left (full circle to left with arms)

RIGHT AND LEFT SAILOR STEPS, SKATE'S FORWARD

1&2 Cross right behind left, step left to left side, step right to place
3&4 Cross left behind right, step right to right side, step left to place
5-6 Skate right diagonally forward, skate left diagonally forward
7-8 Skate right diagonally forward, skate left diagonally forward

KICK AND CROSS TWICE, GRIND TURN, COASTER STEP

1&2 Kick right leg diagonally right, step on right, cross left in front of right
3&4 Kick right leg diagonally right, step on right, cross left in front of right
5-6 Grind right heal (moving toe left then right), turning ¼ turn right stepping on left
7&8 Step back right, step left beside right, step forward right

ROCK & RECOVER, SHUFFLE TURN, STEP TOUCH

1-2 Rock forward on left, recover weight on right
3&4 Shuffle back making ½ turn left, stepping left, right, left
5&6 Shuffle forward making ½ turn left, stepping right left right

7-8

Step on left foot touching right next to left

REPEAT
