

Music High

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Brett Hinton (USA)
音樂: Pop - *NSYNC



STEP RIGHT & TOGETHER, STEP LEFT & TOGETHER, ½ PIVOT, SHUFFLE FORWARD

1&2 Step right to right, & step left in place, step right together
3&4 Step left to left, & step right in place, step left together
5-6 Step right forward, ½ pivot to left on left foot
7&8 Step right forward, step left together, step right forward

ROCK FORWARD, REPLACE, BACK SHUFFLE, BACK CAMEL STEP, BACK SHUFFLE

1-2 Rock left forward, replace weight onto right
3&4 Step left back, & step right together, step left back
5-6 Step right over left still moving back, step left back
7&8 Step right over left still moving back, & step left back, step right over left still moving back

UNWIND, STEP OUT SAILOR SHUFFLE, SAILOR SHUFFLE, SHUFFLE FORWARD

1-2 Unwind full turn to the left, step right to right
3&4 Step left behind right, step right to right, step left to left
5&6 Step right behind left, step left to left, step right to right
7&8 Step left forward, step right together, step left forward

TOUCH FORWARD, STEP BACK, ½ TURN, TOUCH FORWARD, BACK, STEP, PIVOT

1-2 Touch right toe forward, step right back
3-4 Touch left toe back, ½ turn left weight ending on left
5-6 Touch right toe forward, touch right toe back
7-8 Right cross over left, unwind ¾ turn to left

STEP, HOLD, TOUCH, STEP, SAILOR SHUFFLE, DOUBLE TIME VINE

1-2& Step right to right, hold, & step left together
3-4 Touch right to right, step right to right
5&6 Step left behind right, & step right to right, step left to left
7&8 Step right behind left, & step left to left, step right over left

SIDE ROCK, REPLACE, ¼ TURNING COASTER STEP, CROSS, BACK, ½ SHUFFLE

1-2 Rock left to left, replace weight onto right
&3&4& Sweep left foot to the left making a ¼ turn left, step left back, & step right together, step left forward
5-6 Step right over left, step left back
7&8 ¼ turn right step right to right, & ¼ turn right step left together, step right forward

ROCK, RECOVER, COASTER STEP, ½ PIVOT, ½ PIVOT

1-2 Rock left forward, replace weight onto right
3&4 Step left back, & step right together, step left forward
5-6 Step right forward, ½ pivot to left on left
7-8 Step right forward, ½ pivot to left on left

REPEAT