

My World

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mitchell Burgess (AUS)
音樂: My World - Avril Lavigne



- 1&2&3&4 (Syncopated weave)- cross/step left over right, step right to side, cross/step left behind right, step right to side, cross/step left over right, rock/step right to right, replace weight to left
- 5&6&7&8 (Traveling left)-cross/step right over left, step left to left side, cross/step right over left, step left to left side cross/step right over left, step left to left side, cross/step right over left
- 1&2-3&4 (Turning coaster)- turn ¼ right & step back on ball of left, step right beside left, step forward left, turn ½ left & shuffle back right-left-right
- 5&6-7&8 Turn ½ left & shuffle forward left-right-left, (forward coaster)- step forward right, step left beside right, step back right
- 1&2-3&4 (Sambas traveling back)- rock/step left to left, replace weight to right, step back left, rock/step right to right, replace weight to left, step back right
- 5&6-7&8 Turn ½ left & shuffle forward left-right-left, (turning coaster)- turn ½ left & step back on ball of right, step left beside right step forward right
- 1&2-3&4 (Sambas, traveling forward)- rock/step left to left, replace weight to right, step forward left, rock/step right to right, replace weight to left, step forward right
- 5-6-7&8 (Full turn right)- turn ½ right & step back on left, turn ½ right & step forward right, rock/step left to left, replace weight to right, touch left beside right, (weight on right)

REPEAT

RESTARTS

There are 2 restarts, both facing the front (wall 5 & 9). Dance counts 1-8 then restart on front wall