

The Nature Of It

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Raunchy Rachel (UK)
音樂: Steam - Vanessa Amorosi



ROCK & KICK CROSS, POINT OUT IN OUT, SAILOR ¼, HITCH ¼ TWICE

- 1&2& Rock right out to right side, recover on left, kick right foot forward, cross step right over left
3&4 Point left toe out to left side, touch left toe next to right, point left toe out to left side
5&6 Step left behind right starting to make a ¼ turn to the left, step right out to right side completing the ¼ turn left, step left foot in place
&7&8 Hitch right knee, touch right out to right side making a ¼ turn left, hitch right knee, touch right out to right side making another ¼ turn left

CROSS ROCK STEP, CROSS UNWIND, HIP SWAYS, CHASSE LEFT

- 1&2 Cross rock right over left then recover onto left foot and step right to right side
3-4 Cross left foot over right and unwind ½ turn over right shoulder keeping weight on right foot
5-6 Sway hips to the left and then to the right
7&8 Step left to left side, step right next to left, step left to left side

CROSS & HEEL & CROSS & HEEL (TRAVEL BACK), CROSS UNWIND ½, KICK BACK, BACK

- 1&2& Cross step right over left, step back on left foot, dig right heel diagonally to the right, step onto right foot
3&4& Cross step left over right, step back on right foot, dig left heel diagonally to the left, step onto left foot
5-6 Cross right over left and unwind ½ turn left keeping weight on left foot
7&8 Kick right foot forward, jump back onto right then step left foot beside right

STEP TOE & SWEEP STEP, TOUCH, ROCK & TURN, FULL TURN

- 1&2 Step forward right, touch left toe behind right foot, step back onto left foot
&3 Sweep right foot out to right side and sweep behind left foot
&4 Step onto right foot and touch left toe in front of right foot
5&6 Rock left to left side, recover weight onto right foot making a ¼ turn right, step forward left
7-8 Make a full turn traveling forward over left shoulder stepping right, left (or walk forward right, left)

REPEAT

TAG

After wall 7 add a four count tag then begin dance again

- 1-2& Rock right out to right side, recover weight onto left, step right next to left
3-4& Rock left out to left side, recover weight onto right, step left next to right