

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: 1999 - Sean Kenny



LEFT CHASSE/ROCK STEP/RIGHT CHASSE/ROCK STEP

1&2 Step left foot to left side, step right next to left, step left to left side
3-4 (Angling body slightly right) step back on right, rock weight forward onto left
5&6 Step right foot to right side, step left next to right, step right to right side
7-8 (Angling body slightly left) step back on left, rock weight forward onto right

HEEL TAPS/DIAGONAL SHUFFLE FORWARD...LEFT AND RIGHT

9-10 Tap left heel diagonally forward left twice
11&12 Shuffle forward diagonally left on left-right-left
13-16 Repeat counts 9-12 starting with right foot, (angling body to front on last step of shuffle)

SIDE SWITCHES/TOUCH & CROSS/ 2 KNEE POPS (OR ANKLE BREAKERS!)

17&18 Touch left toe to left side, step left in place, touch right toe to right side
&19 Step right foot in place, touch left toe to left side
&20 Step left foot in place, touch right toe to right side
&21 Step right foot in place, touch left toe to left side
22 Cross touch left toe across in front of right foot
&23&24 Lift both heels off floor together twice

CROSS SHUFFLE/SIDE ROCK/TWICE RIGHT KICK BALL CHANGES

25&26 (With left foot still crossed over right) cross shuffle to right on left-right-left
27-28 Step right foot to right side, rock weight onto left foot
29&30 Kick right foot forward, step right in place, step left in place
31&32 Repeat counts 29&30 again

SIDE SWITCHES/TOUCH & CROSS/2 KNEE POPS/CROSS SHUFFLE/SIDE ROCK/TWICE LEFT KICK BALL CHANGES

33-48 Repeat counts 17-32 again starting with right foot

4X ¼ TURN RIGHT/ JAZZ BOX-SIDE TOUCH/CROSS BEHIND/UNWIND ¾ RIGHT /CLAP

49-50 Step forward on left foot, pivot ¼ turn right
51-56 Repeat counts 49-50 three more times (completing a full circle)
57-58 Cross step left over right. Step back on right foot
59-60 Step left foot to left side, touch right toe next to left foot
61-62 Touch right toe to right side, cross right toe behind left foot
63-63 (on balls of both feet) unwind ¾ turn right (weight on right foot) clap hands

REPEAT

On counts &23&24 and &39&40, you can substitute "ankle breakers" for the knee pops by rocking body weight to the left onto the outside of the left foot and inside of right foot.