

No Good Advice

拍數: 40 牆數: 2 級數: Beginner
編舞者: Nicola Chapman (UK)
音樂: No Good Advice - Girls Aloud



WALK, WALK, STEP PIVOT ½ TURN, WALK, WALK, STEP PIVOT ½ TURN

1-2 Walk forward right, walk forward left and clap
3-4 Step forward right, pivot ½ turn left
5-6 Walk forward right, walk forward left and clap
7-8 Step forward right, pivot ½ turn left

CROSS ROCK CHASSE, CROSS ROCK CHASSE

1-2 Cross right over left, recover on left
3-4 Step right to right side, step left next to right, step right to right side
5-6 Cross left over right, recover on right
7-8 Step left to left side, step right next to left, step left to left side

RIGHT LOCK STEP, LEFT LOCK STEP, WALK, WALK, WALK, KICK

1-2 Step right diagonally right, lock left foot behind right, step right diagonally right
3-4 Step left diagonally left, lock right foot behind left, step left diagonally left
5-6 Walk forward right, walk forward left
7-8 Walk forward right, kick left foot forward

WALK, WALK, WALK, KICK, WALK, WALK, WALK, KICK

1-2 Walk back left, walk back right
3-4 Walk back left, kick right foot forward
5-6 Walk forward right, walk forward left
7-8 Walk forward right, kick left forward

WALK, WALK, WALK, STEP, STEP, POINT, PADDLE STEPS

1-2 Walk back left, walk back right
3-4 Walk back left, step right next to left
5-6 Step forward left, point right foot to right
7-8 Weight on left foot paddle right foot at 12 o' clock, paddle right foot to 9:00

REPEAT