No Surprise

拍數: 32

級數: Improver

編舞者: Eddie Bolton (UK)

音樂: It Comes As No Surprise - Redfern & Crookes

SIDE TOGETHER, FORWARD, HOLD, SIDE TOGETHER, BACK HOLD, (RHUMBA BOX)

- 1-2 Step left to left, step right up to left
- 3-4 Step forward on left, hold for 1 beat
- 5-6 Step right to right, step left up to right
- 7-8 Step back on right, hold for 1 beat

LEFT SIDE, CROSS ¼ TURN, ¼ TURN TOUCH, CHASSE RIGHT

- 9-10 Step left to left, step right up to but slightly behind left (body angled right)
- 11-12 Cross step left over right, turning ¼ left step back on right
- 13-14 Turning ¼ left step left to left touch right up to left (no weight)
- 15&16 Step right to right side, step left up to right step right to right side

CROSS ROCK, CHA-CHA-CHA, CROSS ROCK, CHA-CHA-CHA

- 17-18 Cross left over right, rock weight back onto right
- 19&20 Cha, cha, cha on left, right, left (travel slightly left with Cuban hips)
- 21-22 Cross right over left, rock weight back onto left
- 23&24 Cha, cha, cha on right, left, right (travel slightly right with Cuban hips)

ROCK STEP, ½ TURN SHUFFLE, ROCK STEP, ¾ TURN SHUFFLE

- 25-26 Step forward on left, rock weight back onto right
- 27&28 Shuffle ½ turn over left shoulder on left, right, left
- 29-30 Step forward on right rock weight back onto left
- 31&32 Shuffle ³/₄ turn over right shoulder on right, left, right

REPEAT

ENDING

At the end of the song when repeating the words 'it comes as no surprise' finish the dance by taking a long step left onto left and slowly slide right foot up to left, alternatively you can step left on left, cross step ball of right foot over left and do a full turn left to finish facing the front wall





牆數:4