

No. 1

拍數: 32 牆數: 4 級數: Improver
編舞者: EmCee (UK)
音樂: The Tide Is High - Atomic Kitten



CROSS, STEP, TURN RIGHT HEEL JACK, STEP, STEP, TURN STEP, TURN LEFT HEEL JACK, HOLD

1-2 Step right in front of left, recover weight onto left
3 ¼ turn right dig right heel forward leaning back
4-5 Step onto right, step left forward
6-7 ¼ turn left step on right, ¼ turn left dig left heel forward leaning back
8& Bob down, transfer weight to left as you come up

STEP, STEP, TURN RIGHT HEEL JACK, TURN, STEP, KICK, KICK, STEP, HEEL FLICK

1-2 Step right forward, step left forward
3-4 ¼ turn right dig right heel forward, ¼ turn left step onto right
5-6 Kick left forward twice
7-8 Step onto left, flick right behind left reaching down with left hand to touch right heel

WEAVE, TURN STEP, TURN STEP, BEHIND

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, cross left in front of right
5-6 Step right to right side, ½ turn left step onto left
7-8 Step right in place, cross left behind right

FULL ROLLING TURN, BELLY ROLL

1-2 ¼ turn right step onto right, ¼ turn right step left to side
3-4 ¼ turn right step back onto right, ¼ turn right step left across right
5-6 Step right to right rotate hips forward anti to the right transferring weight to left
7 Rotate hips back and to right transferring weight to right
8 Rotate hips forward to left, transferring weight to left

REPEAT

TAGS

After 3rd & 5th repetition, repeat belly roll to the right over 4 counts
During 9th repetition after count 8, then repeat first 16 counts only to end
