

100 Mph

拍數: 48 牆數: 4 級數: Improver
編舞者: Leigh Moss (UK)
音樂: 100 MPH - El Presidente



RIGHT KICKS, RIGHT COASTER STEP, LEFT KICKS, LEFT COASTER STEP

1-2 Kick right foot forward, kick right foot to right side
3&4 Step back on right, step left beside right, step right forward
5-6 Kick left foot forward, kick left foot to left side
7&8 Step back on left, step right beside left, step left forward

ROCK, ½ SHUFFLE RIGHT, CHASSE LEFT, ROCK BACK, RECOVER

9-10 Rock forward on right, recover on left
11&12 Make half turn right into shuffle forward stepping right left right
13&14 Chasse to left
15-16 Rock back on right, recover on left

CHASSE RIGHT, ROCK & RECOVER, PIVOT ½ TURN STEP, SYNCOPATED LOCK STEP

17&18 Chasse to right
19-20 Rock back on right, recover on left
21-22-23 Step forward on left, ½ turn pivot step forward on left
&24 Lock right behind left, step left forward

2X STEP ½ PIVOTS, MONTEREY ¼ TURN RIGHT

25-26 Step forward right, pivot ½ turn left
27-28 Step forward right, pivot ½ turn left
29-30 Point right to right side, turn ¼ right stepping right beside left
31-32 Point left to left side, touch left beside right

LEFT CHASSE, BACK ROCK. RIGHT CHASSE, BACK ROCK

33&34 Step left to left side, close right beside left, step left to left side
35-36 Rock back on right, recover on left
37&38 Step right to right side, close left beside right, step right to right side
39-40 Rock back on left, recover on right

REVERSE RONDE HALF TURN TO LEFT, FORWARD RONDE HALF TURN, KICK SWEEP BACK TWICE AND HOOK

41 Step left to left side
42 Sweep right behind left making ½ turn
43 Sweep left in front of right, making ½ turn
44 Kick right foot forward
45 Sweep right foot behind left
46 Kick left foot forward
47 Sweep left foot behind right
48 Hook right foot in front of left foot

REPEAT