

Press Play

拍數: 64 牆數: 4 級數: Improver two step
編舞者: Michele Perron (CAN)
音樂: Precious Thing - Steve Wariner



SIDE, BEHIND, TURN, HOLD, ROCK, RECOVER, TURN, HOLD

- 1-2 Right step side right, left step crossed behind right
- 3-4 Execute ¼ turn right with right step forward, hold (3:00)
- 5-6 Left rock/step forward, right recover/step back
- 7-8 Execute ½ turn left with left step forward, hold (9:00)

SIDE, BEHIND, TURN, HOLD, ROCK, RECOVER, TURN, HOLD

- 1-2 Right step side right, left step crossed behind right
- 3-4 Execute ¼ turn right with right step forward, hold (12:00)
- 5-6 Left rock/step forward, right recover/step back
- 7-8 Execute ½ turn left with left step forward (6:00)

FORWARD, LOCK, FORWARD, FORWARD, LOCK, FORWARD, FORWARD, TURN/HITCH

- 1-2 Right step diagonal right forward, left lock/step forward in behind right
- 3-4 Right step diagonal right forward, left step diagonal left forward
- 5-6 Right lock/step forward in behind left, left step diagonal left forward
- 7-8 Right step forward, execute ¼ turn left with left knee hitch (3:00)

Option: each hand slaps side of hip

SIDE, HOLD, ACROSS, HOLD, SIDE, TOGETHER, ACROSS (SCISSOR), HOLD

- 1-2 Left step to side left, hold
- 3-4 Right step across front of left, hold
- 5-6 Left step side left, right step beside left
- 7-8 Left step across in front of right, hold

SIDE, TOGETHER, SIDE, TURN/TOUCH, SIDE, TOGETHER, TURN, TOUCH

- 1-2 Right step side right, left step beside right
- 3-4 Right step side right, execute ¼ turn left with left touch beside right (12:00)
- 5-6 Left step side left, right step beside left
- 7-8 Left step side left with ¼ turn left, right touch beside left (9:00)

SIDE, TOGETHER, SIDE, TURN/TOUCH, SIDE, TOGETHER, SIDE, TOUCH

- 1-2 Right step side right, left step beside right
- 3-4 Right step side right, execute ¼ turn left with left touch beside right (6:00)
- 5-6 Left step side left, right step beside left
- 7-8 Left step side left, right touch beside left

FORWARD, HOLD, FORWARD, HOLD, TURN, HOLD, FORWARD, HOLD

- 1-2 Right step forward, hold
- 3-4 Left step forward, hold
- 5-6 Execute ½ turn right with right step forward, hold (12:00)
- 7-8 Left step forward, hold

FORWARD, HOLD, TURN, HOLD, TURN, HOLD, HOLD, KNEE POP

- 1-2 Right step forward, hold
- 3-4 Execute ½ turn left with left step forward, hold (6:00)

&-5 Execute ¼ turn left with right step side, left stomp beside right (no weight) (3:00)
6-7 Hold, hold
8 Right knee pop (right heel lifts, knee bends) (weight on left)

REPEAT

You will end facing front wall, on count 16, left forward; so strike a pose (left lunge forward, arms out)
