

Prove It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hazel Pace (UK)
音樂: Just the Guy to Do It - Toby Keith



SIDE, TOGETHER, CHASSE RIGHT, CROSS ROCK, RECOVER, STEP ¼ TURN LEFT, STEP ¼ TURN LEFT

1-2 Step right to right side, step left beside right
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross rock left over right, recover on right
7 Step left ¼ turn left
8 Pivot ¼ turn left on left stepping right to right side

STEP BACK, ROCK FORWARD, RECOVER, CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT

&1-2 Quickly step left beside right, rock forward on right, recover on left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Rock back on left, recover on right
7&8 Step left to left side, step right beside left, step left to left side

CROSS UNWIND ¼ TURN LEFT, ROCK FORWARD, RECOVER, ½ TURN RIGHT, STEP ½ PIVOT, STEP

1-2 Cross right over left unwind ¼ turn left (weight on left)
3-4 Rock forward on right, recover on left
5-6 Make ½ turn right stepping forward on right, step forward on left
7-8 Make ½ pivot turn right, step forward on left

STRIDE HOLD & ROCK SIDE, CROSS HOLD, ½ TURN RIGHT, CROSS

1-2 Stride right to right side, hold
&3 Rock back on left behind right, recover on right
4 Step left to left side (facing left diagonal)
5-6 Cross right over left, hold
&7 Make ¼ turn right stepping back on left, make ¼ turn right stepping right to right side
8 Cross left over right (facing 3:00)

REPEAT
