

Q 'n' A

拍數: 0 牆數: 4 級數: Intermediate
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音樂: The Answer to Our Life - Backstreet Boys



Sequence: Intro, A, B, tag, A, B, C, BBBB

INTRO

RIGHT STEP FORWARD(NO WEIGHT), HOLD, RIGHT COASTER STEP, LEFT STEP FORWARD (NO WEIGHT), HOLD, LEFT COASTER STEP

1-2 Right step forward keeping weight on left with right hip thrust out to right, hold
3&4 Right step back, left step together, right step forward
5-6 Left step forward keeping weight on right with left hip thrust out to left, hold
7&8 Left step back, right step together, left step forward

SHOULDER ISOLATIONS RIGHT, HOLD, LEFT-RIGHT-LEFT-RIGHT, SHOULDER ISOLATIONS LEFT, HOLD, RIGHT-LEFT-RIGHT-LEFT

1-2 Shift shoulders right, hold
&3&4 Shift shoulders left, bend knees and shift shoulders right, left, right
5-6 Stand and shift shoulders left, hold
&7&8 Shift shoulders right, bend knees and shift shoulders left, right, left

PART A

RIGHT SIDE STEP, HOLD, SNAKE (BODY ROLL) AND "SIT", RIGHT STEP BACK, HOLD, LEFT COASTER STEP

1-2 Right step to right side, hold
&3-4 Roll body to left into a "sit" position
5-6 Right step back, hold
7&8 Left step back, right step together, left step forward

PIVOT LEFT ½ TURN STEP BACK RIGHT, HOLD, LEFT STEP FORWARD, BRUSH RIGHT ¼ TURN LEFT

1-2 On ball of left pivot ½ turn left stepping back on right (weight on right), hold
3-4 Left step forward, brush right and ¼ turn left on ball of left

RIGHT STEP ACROSS, LEFT SIDE STEP, RIGHT STEP BEHIND, LEFT ¼ TURN STEP, RIGHT SIDE ROCK AND CROSS

5&6 Right cross over left, left step to left side, right behind left
&7&8 Left ¼ turn left, right step to right side, left recover, right cross over left

LEFT TAP LUNGE, HOLD, TOUCH LEFT, ¼ TURN LEFT SHUFFLE SIDE, RIGHT ROCK FORWARD, LEFT RECOVER, RIGHT COASTER

&1-2 Left tap and lunge out on a left diagonal (11:00), hold
3 Touch left together
4&5 Make ¼ turn left and step left to side, right together, left to side
6& Right rock forward, left recover
7&8 Right step back, left step together, right step forward

LEFT TAP STEP FORWARD, RIGHT STEP FORWARD, LEFT STEP BACK, RIGHT STEP BACK, LEFT STEP, RIGHT STEP ACROSS, UNWIND ½ TURN, BODY ROLL

&1 Left tap forward, left step forward
2-3-4 Right step forward and out to right side, left step back and out to left side, right step back and out to right side

- &5 Left step, right cross over left
- 6 ½ turn unwind left
- 7&8 Bend knees and body roll up

RIGHT SIDE ROCK AND CROSS, LEFT SIDE ROCK AND CROSS (TRAVELING FORWARD)

- 1&2 Right rock to right side (point both index fingers forward), left recover, right step across in front of left
- 3&4 Left rock to left side (palms face down and close together in front of body, then spread hands apart to either side), right recover, left step across in front of right

RIGHT ROCK FORWARD, LEFT RECOVER, RIGHT ½ TURN STEP, LEFT ROCK FORWARD, RIGHT RECOVER, LEFT STEP BESIDE RIGHT

- 5&6 Right rock forward, left recover, ½ turn right and step forward right
- 7&8 Left rock forward, right recover, left step together

RIGHT ROCK FORWARD, LEFT RECOVER, RIGHT ½ PIVOT, RIGHT ½ PIVOT, RIGHT COASTER, LEFT TOUCH, SPIN

- 1-2 Right rock forward, left recover
- 3-4 Pivot ½ turn right step right, pivot ½ turn right step left (option: walk back right, left)
- 5&6 Right step back, left step together, right step forward
- 7-8 Left touch out to left side, full spin bringing feet together

PART B

RIGHT ROCK AND CROSS AND CROSS AND CROSS

- 1&2 Right rock to right side, recover left, cross right over left
- &3&4 Step left, cross right, step left, cross right

LEFT STEP TO LEFT SIDE, STEP RIGHT IN PLACE, LEFT BESIDE RIGHT, RIGHT STEP TO RIGHT SIDE, STEP LEFT IN PLACE, RIGHT BESIDE LEFT, TOUCH LEFT TO LEFT SIDE

- 5&6 Left step to side, step right in place, left step together
- &7&8 Right step to side, step left in place, right step together, touch left to side

LEFT ½ TURN STEP, RIGHT TOUCH TO RIGHT SIDE, RIGHT STEP ½ TURN RIGHT, LEFT TOUCH TO LEFT SIDE

- 1-2 Keeping weight on right make ½ turn left and step left step together, right touch to side
- 3-4 Keeping weight on left make ½ turn right and step right step together, left touch to side

BODY ROLL LEFT MAKING ¼ TURN RIGHT, "SIT", STAND

- 5-6 Roll body to left into a "sit" position while making a ¼ turn to the right
- 7 Stand straight with weight on right

LEFT SIDE ROCK, RIGHT RECOVER, WALK LEFT, RIGHT, LEFT ROCK FORWARD, RIGHT RECOVER, LEFT STEP, RIGHT TOUCH SIDE, RIGHT STEP, LEFT TOUCH SIDE, LEFT STEP, RIGHT TOUCH FORWARD, BEND KNEES, ½ TURN LEFT

- 8&1-2 Left rock to left side, recover right, walk forward left, walk forward right
- 3&4 Left rock forward, right recover, step left step together
- 5&6& Right touch to side, step right step together, left touch to side, step left together
- 7-8& Right touch forward, bend knees and make ½ turn left

STAND WITH WEIGHT ON RIGHT, LEFT STEP BACK, RIGHT SIDE ROCK, PUSH ON TO LEFT AND SWEEP RIGHT TO FRONT

- 1 Stand with weight on right
- 2 Left step back
- 3&4 Right rock to side, push on to left extending right off the ground and swing around to the front

¼ TURN LEFT FALL FORWARD AND CROSS RIGHT OVER LEFT, STAND, TWIST HEELS RIGHT-LEFT-RIGHT MAKING ¼ TURN LEFT

- 5 ¼ turn left and fall forward on right crossing right over left
6 Stand taking weight evenly on both feet
7&8 Twist heels right, twist heels left, twist heels right making ¼ turn left

TAG

RIGHT ROCK FORWARD, LEFT RECOVER, RIGHT COASTER STEP, LEFT ROCK FORWARD, RIGHT RECOVER, LEFT COASTER STEP

- 1-2 Right rock forward, left recover
3&4 Right step back, left step together, right step forward
5-6 Left rock forward, right recover
7&8 Left step back, right step together, left step forward

PART C

LUNGE RIGHT, STAND, LUNGE LEFT, STAND

- 1-2 Bend right knee and keep left leg straight while angling body to face left
3-4 Stand up straight, hold
5-6 Bend left knee and keep right leg straight while angling body to face right
7-8 Stand up straight, hold

LEFT ROCK BACK, RECOVER RIGHT, LEFT SIDE SHUFFLE, RIGHT ROCK BACK, LEFT RECOVER, ¼ TURN LEFT STEP RIGHT, ¼ TURN LEFT STEP LEFT, RIGHT TOUCH ACROSS LEFT

- 1-2 Left rock behind right while turning body ¼ turn left, recover right and turn body ¼ turn right
3&4 Step left to side, step right together, step left to side
5-6 Right rock behind left while turning body ¼ turn right, recover left and turn body ¼ turn left
7&8 ¼ turn left step on right, ¼ turn left step on left, touch right across left

WALK RIGHT, LEFT, RIGHT KICK, RIGHT STEP, LEFT TOUCH TO SIDE, LEFT WALK, RIGHT WALK, LEFT KICK, LEFT STEP, RIGHT TOUCH TO SIDE

- 1-2 Right step forward, left step forward,
3&4 Right kick, right step, left touch to left side
5-6 Left step forward, right step forward
7&8 Left kick, left step, right touch to right side

RIGHT ROCK FORWARD, LEFT RECOVER, RIGHT ½ TURN SHUFFLE, RIGHT ½ TURN PIVOT STEP LEFT, RIGHT ROCK BACK, LEFT RECOVER, RIGHT SWEEP ½ TURN LEFT

- 1-2 Right rock forward, left recover
3&4 ½ turn right step right, step left together, step right forward
5-6 ½ turn right on ball of right step left, rock back right
7-8 Recover left, sweep right foot making ½ turn left on ball of left
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