

R U Dancing

拍數: 52 牆數: 4 級數: Intermediate social cha
編舞者: Joanne Taylor Smith (UK)
音樂: Save The Last Dance For Me - Aaron Neville



STEP, DRAG, KICK & CROSS, ¼ RIGHT, ¼ RIGHT, CROSS SHUFFLE

1-2 Step right to right side, drag left to right
3&4 Kick left to left diagonal, & step on left, cross right over left
5-6 Turn ¼ right stepping left back, turn ¼ right stepping right to right side
7&8 Cross left over right, & step right to right, cross left over right (6:00)

STEP, DRAG, KICK & CROSS, SIDE ROCK ¼ LEFT, BEHIND & CROSS

1-2 Step right to right side, drag left to right
3&4 Kick left to left diagonal, & step on left, cross right over left
5-6 Rock left out to left, turn ¼ left recovering on right (3:00)
7&8 Step left behind right & step right to right side, cross left over right

SIDE ROCK, SIDE ROCK & CROSS, SIDE ROCK, CHASSE ¼ LEFT

1-2 Rock right to right side, recover on left
3&4 Rock right to right side, & recover on left, cross right over left
5-6 Rock left out to left, recover on right
7&8 Step left to left side, & step right beside left, step left ¼ turn left (12:00)

STEP, ½ PIVOT LEFT, ROCK & STEP, CROSS, STEP, CROSS SHUFFLE

1-2 Step forward right, pivot ½ left (weight stays right) (6:00)
3&4 Rock back on left, & recover on right, step left to left side
5-6 Cross right over left, step left to left side
7&8 Cross right over left, & step left to left side, cross right over left

SIDE ROCK ¼ LEFT, BACK LOCK BACK, FORWARD ROCK, BACK LOCK BACK

1-2 Rock left out to left, turn ¼ left recovering on right (3:00)
3&4 Step left back, & cross step right over left, step left back
5-6 Rock forward on right, recover on left
7&8 Step right back, & cross left over right, step back on right

BACK ROCK, ½ RIGHT SHUFFLE, BACK ROCK, SIDE ROCK & CROSS

1-2 Rock back on left, recover on right
3&4 Shuffle ½ turn right stepping left & right, left (9:00)
5-6 Rock back on right, recover on left
7&8 Rock right out to right, & recover on left, cross right over left

BUMPS LEFT, RIGHT, LEFT & RIGHT LEFT

1-2 Bump hips left, right
3&4 Bump hips left, right, left

REPEAT