

Recall

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kim Ray (UK)
音樂: Remember the Time - Michael Jackson



TOUCH BALL STEP, ½ PIVOT LEFT, SCUFF & HITCH, HIP BUMPS

1&2 Touch right toe forward, step right foot in place, step forward onto left
3-4 Step forward on right, ½ pivot turn left (weight on left)
5&6 Scuff right foot forward, hitch right knee, step back on right taking weight
7&8 Keeping left toe forward, bump hips back, forward, back (weight on right)

BALL STEP FORWARD, ½ TRIPLE LEFT, SIDE STEP, BALL STEP FORWARD

&1-2 Step left next to right, step forward on right, step forward on left
3&4 ¼ turn left stepping right to right side, step left next to right, ¼ left stepping back on right
5-6 ¼ turn left stepping left to left side (pushing left hip forward), step right to right side (pushing right hip forward)
&7-8 Step left foot next to right, step forward on right, step forward on left

ROCK & CROSS, STEP SIDE CROSS, ROCK & CROSS, FULL TRIPLE TURN RIGHT

1&2 Rock right to right side, recover onto left, cross step right over left
&3-4 Step left next to right, step right to right side, cross left over right
5&6 Rock right to right side, recover onto left, cross step right over left
7&8 Made full turn right stepping left, right, left

WALK BACK, COASTER STEP, SIDE STEPS, KNEE TWIST STEP

1-2 Step back on right dragging left toe back, step back on left dragging right toe back (or moon walk)
3&4 Step back on right, step back on left, step forward on right slightly over left
5-6 Step left to left side (pushing left hip forward), step right to right side (pushing right hip forward)
7&8 Keeping feet shoulder width apart, twist both knees left bending knees slightly, return knees forward straightening up, step forward on left

REPEAT
