

Rumors (aka Lies)

拍數: 32 牆數: 4 級數: Improver
編舞者: Kayla Cosgrove (USA)
音樂: Rumors - Lindsay Lohan



WALK, WALK, RIGHT COASTER, LEFT SAILOR, RIGHT SAILOR

- 1-2 Walk back, right, then left
- 3&4 Step right foot back, step left together, step right foot forward
- 5&6 Step left foot back slightly behind right foot, step right foot to right side, step left slightly to left side
- 7&8 Step right foot back slightly behind left foot, step left foot to left side, step right slightly to right side

STEP ¼ TURN, CROSS BACK SIDE, WALK, WALK ROCK, AND SLIDE BACK

- 1-2 Step left foot forward, make a ¼ turn to the right with weight ending on right foot
- 3&4 Cross left foot over right, step right foot back, step left foot to left side with weight
- 5-6 Walk forward, right, then left
- 7&8 Rock right foot forward, replace weight on to the left, slide back with right foot while dragging left foot back

STEP LEFT, STEP RIGHT, SWAY HIPS LEFT AND RIGHT, KICK, HITCH ½ TURN, LEFT SAILOR

- 1-2 Step left foot down and slightly out to left side, step right foot out to right side slightly
- 3-4 Sway hips to the left, then to the right (weight ends up on right foot)
- 5-6 Kick left foot forward, then hitch left knee up, while making a half turn over the left shoulder
- 7&8 Step left foot back slightly behind right foot, step right foot to right side, step left slightly to left side

RIGHT SHUFFLE STEP, SLIDE STEP, ROCK, REPLACE, TRIPLE TURN

- 1&2 Step right foot forward, bring left next to right, step right forward
- 3-4 Slide left foot out to left side, and step right next to left with weight
- 5-6 Rock left foot forward, replace weight onto the right foot
- 7&8 Do a full triple turn over the left shoulder, stepping left, right, left (you should be traveling slightly backwards)

Instead of a full triple turn, you can simply shuffle or lock step backwards stepping left, right, left

REPEAT