Seems 2 Be

拍數: 32   牆數: 4   級數: Intermediate

編舞者: Sharon McNaughton (UK)

音樂: Sorry Seems to Be the Hardest Word - Blue

COASTER PUSH, STEP LOCK STEP, ROCK AND ¼ TURN, RONDE ½ TURN

1&2	Step back on right, close left next to right, push on ball of left foot taking big step forward on right
3&4	Step forward on left, close right next to left, step forward on left 5&6 rock forward on right, rock back on left, make a ¼ turn to right stepping forward on right
7-8	Ronde ½ turn to right while sweeping left foot out to side ending with left touch next to right

COASTER PUSH, SIDE ROCK PUSH KICK, EXTENDED WEAVE TO LEFT, ¼ TURN RIGHT

1&2	Step back on left, close right next to left, push on ball of right foot taking big step forward on left
3-4	Rock to right side swaying hips, push on ball of right foot recovering weight onto left and kicking right foot out to right side
5&6&	Cross right behind left, step left to left, cross right over left, step left to left
7&8&	Cross right behind left, step left to left, cross right over left, step back on left making ¼ turn to right

RONDE ½ TURN RIGHT, BACK LOCK BACK, ¼ TURN LEFT, RONDE ¾ TURN, SHUFFLE FORWARD

1-2	Ronde ½ turn to right sweeping right foot out to side ending with right foot next to left (no weight)
3&4	Step back on right, lock left over right, step back on right
5-6	Make ¼ turn to left stepping forward on left, ronde ¾ turn left sweeping right foot out ending with right closed next to left
7&8	Step forward on left, close right next to left, step forward on left

STEP ½ TURN, RONDE ½ TURN, LUNGE RECOVER, BEHIND TURN STEP, FORWARD MAMBO STEP

1-2&	Step forward on right, close left foot next to right making ½ turn right, ronde ½ turn sweeping right foot out ending with toe pointing forward to right diagonal
3-4	Lunge forward to right diagonal on right, recover weight onto left
5&6	Cross right behind left, make ¼ turn left stepping forward on left, step forward on right
7&8	Rock forward on left, recover weight onto right, close left next to right

REPEAT