

Settlin'

拍數: 56 牆數: 2 級數: Improver
編舞者: Junior Willis (USA)
音樂: Settlin' - Sugarland



KICK, CROSS, TOUCH, KICK, CROSS, TOUCH, JAZZ BOX WITH TURN ¼

1&2 Kick right forward, cross right over left, touch left to side
3&4 Kick left forward, cross left over right, touch right to side
5-8 Cross right over left, step left back, turn ¼ right and step right to side, step left together (3:00)

HIP BUMPS, HIP BUMPS, SAILOR, SAILOR

1&2 Step right slightly forward and bump hips right, left, right
3&4 Step left slightly forward and bump hips left, right, left
5&6 Cross right behind left, step left to side, step right to side
7&8 Cross left behind right, step right to side, step left to side

KICK-BALL-CHANGE, KICK-BALL-CHANGE, ½ PIVOT, WALK, WALK

1&2 Kick right forward, step right together, step left in place
3&4 Kick right forward, step right together, step left in place
5-6 Step right forward, turn ½ left (weight to left, 9:00)
7-8 Step right forward, step left forward

MAMBO FORWARD, MAMBO BACKWARD, V-BLOCK STEP

1&2 Rock right forward, recover to left, step right together
3&4 Rock left back, recover to right, step left together
5-6 Step right diagonally forward, step left diagonally forward
7-8 Step right home, step left together

STEP, LOCK, STEP, SCUFF, ROCK, RECOVER, TRIPLE TURN ½

1-2 Step right forward, lock left behind right
3-4 Step right forward, scuff left forward
5-6 Rock left forward, recover on right
7&8 Triple in place turning ½ left and step left, right, left (3:00)

STEP, LOCK, STEP, SCUFF, ROCK, RECOVER, TRIPLE TURN ½

1-2 Step right forward, lock left behind right
3-4 Step right forward, scuff left forward
5-6 Rock left forward, recover on right
7&8 Triple in place turning ½ left and step left, right, left (9:00)

ROCK, RECOVER, SAILOR TURN ¼, ROCK, RECOVER, COASTER

1-2 Rock right to side, recover on left
3&4 Cross right behind left, turn ¼ left and step left to side, step right to side
5-6 Rock left forward, recover on right
7&8 Step left back, step right back, step left forward

REPEAT