

7up!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Janet Billington (UK), Joanne Billington & Joy Layer (UK)
音樂: Bring It All Back - S Club 7



FULL TURN, SCUFF, STOMP, IN AND TOUCH

1-4 Full turn right walking right, left, right, left
5-6 Scuff right, stomp right (weight ends on right)
&7&8 Step left out to left, step right out to right, step left back to center, touch right next to left

CHASSE TO RIGHT, ROCKS, ¼ TURN WALKS, SHUFFLE

9&10 Chasse to right
11-12 Rock back on left, rock forward right
13-14 Walk forward left making ¼ turn left, walk forward right
15&16 Left shuffle forward

½ PIVOT TURN, RIGHT KICK BALL CHANGE, ROCKS, RIGHT SHUFFLE

17-18 Step forward right, make ½ pivot turn to the left
19&20 Right kick ball change
21-22 Rock forward right, rock back left
23&24 Right shuffle forward

½ PIVOT TURN, LEFT MAMBO, ROCKS, ½ PIVOT TURN

25-26 Step forward left, make ½ pivot turn to right (weight ends on right)
27&28 Left mambo forward
29-30 Rock back right, rock forward left
32-32 Step forward right, make ½ pivot turn left (weight ends on left to start dance again)

REPEAT
