

She's Back

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rep Ghazali (SCO)
音樂: She's Back - Westlife



SIDE BEHIND, ¼ TURN SIDE BEHIND, ¼ TURN SIDE, BEHIND ¼ TURN ½ TURN

- 1-2 Step right to right side, step left behind right (12:00)
&3-4 ¼ turn right stepping right forward, step left to left side, step right behind left (3:00)
5-6 ¼ turn left stepping left forward, step right to right side (12:00)
&7-8 Step left behind right, ¼ turn right stepping right forward, ½ turn right stepping back left (9:00)

ROCK RECOVER, SWEEP ½ TURN TOUCH, CROSS SHUFFLE, POINT ¼ TURN TOUCH

- 1-2 Rock back right, recover on left
3-4 Sweep right around making ½ turn left, touch right beside left (3:00)
5&6 Cross-step right over left, step left to left side, cross-step right over left
7&8 Point left to left side, ¼ turn right stepping back left, touch right in front and across left (6:00)

Restart here on 4th wall

SHUFFLE FORWARD, BRUSH OUT OUT, SAILOR STEP, MAMBO ¼ TURN

- 1&2 Step forward right, step left together, step forward right
3&4 Brush left next to right, step left to left side, step right to right side
5&6 Step left behind right, step right to right side, step left to left side
Alternative step: side body roll ending weight on left
7-8 Cross-rock right over left, recover on left, ¼ turn right stepping forward right (9:00)

FULL TURN, SHUFFLE FORWARD, AND STEP HOLD, AND STEP HOLD

- 1-2 ½ turn left stepping forward on left, ½ turn left stepping back on right

Easier option: walk back left-right

- 3&4 Step forward left, step right together, step forward left
&5-6 Step right behind left (3rd position), step forward left, hold
&7-8 Step right behind left (3rd position), step forward left, hold

REPEAT

RESTART

For Westlife track, on the 4th wall, dance up to count 16 and restart at 9:00 wall

ENDING

Dance the whole dance then add step forward right, ¼ pivot left (facing front wall)