She's Lying



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Mark Caley (UK) & Jan Caley (UK)

音樂: Ain't No Doubt - Jimmy Nail



CROSS 1/4 TURN POINT, RIGHT SAILOR SHUFFLE, KICK BALL TOUCH, HEEL BOUNCES MAKING 1/2 TURN RIGHT

1&2 Cross right over left, left step to side making a ¼ turn right, point right out to side

3&4 Cross right behind left, step left to left side, step forward on right
 5&6 Kick left forward, step left beside right, touch right toe back
 7&83 Heel bounces making ½ turn right (weight now on right)

Now facing 9:00

SYNCOPATED SWITCHES WITH 1/2 TURN MONTEREY TURN WITH HIP BUMPS

9&10 Touch left to side, left step beside right, touch right to side

&11 Spin ½ turn right stepping right next to left, touch left toe to left side

&12 Step left in place, touch right to side (now facing 3:00)

Hitch right knee up, touch right to right and bump hip right, bump hip to left

Bump hips to right, bump hips to left, bump hips to right while making ¼ turn left

& Replace weight forward on to left

Now facing 12:00

TOUCH AND DRAGS (TWICE), 1/4 TURN TOUCH, HOLD, 1/2 TURN TOUCH, HOLD

17-18 Touch right toe forward, drag right foot back beside left 19-20 Touch left toe forward, drag left foot back beside right

Optional arm movements during 17-20:

As you touch toe forward push both arms forward, as you slide toe back in place pull arms back to chest

&21-22 Making a ¼ turn left on left touch right out to side, hold

Now facing 9:00

&23-24 Spin ½ turn right stepping right next to left, touch left toe to left side, hold

Now facing 3:00

HEEL JACK, TOE JACK, OUT, OUT, IN, IN, LARGE RIGHT STEP TO SIDE, SLIDE LEFT TO RIGHT

Left step back slightly, heel dig right foot

Replace weight on right (in place), touch left toe next to right instep

Step left forward slightly, touch right toe next to left heel Replace weight on right, touch left toe next to right instep

&29 Left small step to side, right small step to side (shoulder width apart)

&30 Left step back in place, right touch beside left

31-32 Right step larger step to right, left slide beside right (weight on left)

Now facing 3:00

REPEAT