

Sing It Back

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Terry Mchugh (UK)
音樂: Sing It Back - Moloko



RIGHT SHUFFLE, LEFT SHUFFLE, ROCK STEP, BACK SHUFFLE

1&2 Shuffle forward, right, left right
3&4 Shuffle forward, left, right, left
5-6 Rock forward on right foot, rock back on left
7&8 Shuffle back, right, left, right

BACK SHUFFLE, BACK ROCK, SHUFFLE FORWARD TWICE

1&2 Shuffle back, left, right, left
3-4 Rock back on right foot, rock forward on left
5&6 Shuffle forward, right, left, right
7&8 Shuffle forward, left right, left

½ MONTEREY TURN RIGHT, TOUCH, HIP SWAYS LEFT, RIGHT, LEFT, HOLD

1-2 Point right toe to right side, turn ½ turn right bringing right foot in place next to left
3-4 Point left toe to left side, touch left toe next to right foot
5-8 Step to left side as you sway hips to left, right, left, hold

FULL TURN LEFT TAPPING RIGHT TOE TO SIDE X 8

1-8 Make a full turn to the left, on the spot, as you tap right toe to the side 8 times

TAP RIGHT TOE TWICE, STEP TO RIGHT, DRAG LEFT TO RIGHT, TAP LEFT TOE TWICE, ¼ TURN LEFT, STEP RIGHT BESIDE LEFT

1-2 Tap right toe twice next to left foot
3-4 Take a long stride to right side, drag left foot up to right foot (no weight)
5-6 Tap left toe twice next to right foot
7-8 Taking a long stride, make a ¼ turn to left on left foot, step right in place next to left

CROSS SIDE X 8

1&2&3&4&5&6&7&8 Cross left over right foot, step right foot to right side (repeat 7 more times) rolling hips

& CROSS SIDE X 8

& Step left beside right foot
1&2&3&4&5&6&7&8 Cross right over left foot, step left foot to left side (repeat 7 more times) rolling hips

& LEFT MAMBO STEP, RIGHT MAMBO STEP, FORWARD MAMBO STEP, BACK MAMBO TOUCH

& Step right beside left foot
1&2 Rock left foot to left side, recover onto right foot, step left foot next to right
3&4 Rock right foot to right side, recover onto left foot, step right next to left
5&6 Rock forward on left foot, recover onto right foot, step left foot next to right
7&8 Rock back on right foot, recover onto left foot, touch right toe next to left foot

REPEAT