

Single

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Laurie Andrews
音樂: Single - Natasha Bedingfield



MODIFIED GRAPEVINE RIGHT, FORWARD & SIDE ROCK, SAILOR STEP

- 1-2 Step right to right, step left behind right
- &3-4 Step right in place, cross left over right, step right to right side
- 5&6& Rock forward on left, recover back on right, rock left to left side recover back on right
- 7&8 Step back on left, step right next to left, step left to left side

GRAPEVINE LEFT, CROSS SIDE ROCK, COASTER STEP

- &1-4 Step right next to left, step left to left side, step right behind left, step left to left side, cross right over left
- 5-6 Rock left to left side, recover weight back on right
- 7&8 Step back on left, step right next to left, step forward on left

SIDE ROCK, COASTER STEP, LOCK STEP, KICK BALL CROSS

- 1-2 Rock right to right side, recover weight back on left
- 3&4 Step back on right, step left next to right, step forward on right
- 5&6 Step forward on left, lock right foot behind left, step forward on left
- 7&8 Kick right foot forward, step right back in place, cross left over right

UNWIND ½ TURN, TOUCH, WALK, WALK, COASTER STEP, LOCK STEP FORWARD

- 1-2 Unwind ½ turn over right, (weight stays on left), touch right to right
- 3-4 Step back on right, step back on left
- 5&6 Step back on right, step left next to right, step forward on right
- 7&8 Step forward on left, lock right foot behind left, step forward on left

KICK BALL POINT, CROSS & HEEL, & WALK, WALK, ROCK STEP

- 1&2 Kick right foot forward, step right in place, point left to left
- 3&4 Cross left over right, step back on right, touch left heel forward
- &5-6 Step left in place, step forward on right, step forward on left
- 7-8 Rock forward on right, recover weight on left

REPEAT
