

Single Status

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Stephen Sunter (UK)
音樂: Single - Natasha Bedingfield



WALK, WALK, 1 ¼ TURN LEFT, BEHIND, SIDE, IN FRONT, SIDE, TOGETHER, ¼ TURN RIGHT

1-2 Walk forward right, left
3&4&5 Make a 1 ¼ turn left on the spot, stepping right, left, right, left, step right to right side
6&7 Step left foot behind right, step right to right side, step left over right
8 Make a ¼ turn right stepping forward right

PIVOT ¾ TURN, SIDE STEP, BEHIND, SIDE, FRONT, PRESS, PUSH, BEHIND, SIDE, FRONT

9-10 Pivot ¾ turn right on ball of right foot, side step left to left side
11&12 Step right behind left, left to left side, cross step right over left
13-14 Press forward onto left foot on the left diagonal, push back and place weight onto right
15&16 Step left behind right, right to right side, step left over right

STEP, ¾ TURN, SWEEP, ROCK & SIDE, ROCK & SIDE, BEHIND, TURN, SIDE, BEHIND

17-18 Step forward right, pivot ¾ turn left and sweep left foot round to face 6:00 wall
19&20 Rock left behind right, replace weight to right, large step left to left
21&22 Rock right behind left, replace weight to right, large step right to right
23& Step left behind right, make ¼ turn right stepping forward
24& Make ¼ turn right and step left to side, step right behind left

SIDE ROCK, LEFT SAILOR, RIGHT SAILOR, BEHIND, ¼ TURN, STEP, BRUSH

25-26 Rock out to left on left foot, replace weight to right foot
27&28 Step left behind right, right to right, step left in place
29&30 Step right behind left, left to left, step right in place
31& Step left behind right, make ¼ turn right stepping forward
32& Step forward left, brush right next to left

STEP PIVOT, TURN, ROCK, 1 ½ TURN, ROCK, STEP BRUSH

33-34 Step forward right, pivot ½ turn left
35-36 Make ½ turn left and step back on right, rock back left
37-38 Replace weight to right, make ½ turn right and step back on left
&39 Make ½ turn right and step forward right, make ½ turn right and step back on left
&40& Rock back right, replace weight to left, brush right next to left

STEP FORWARD TWICE, STEP ½ PIVOT, FULL TURN, FORWARD, TOGETHER, BACK, TOGETHER

41-42 Step forward right, step forward left
43&44 Step forward right, pivot ½ turn left, step forward right
45&46 Make ½ turn right stepping back left, make ½ turn right and step forward right, step forward left
47&48& Step forward right, step left next to right, step back right, step left next to right

REPEAT

RESTART

On 2nd wall, restart dance after count 40&
On 3rd wall, restart dance after count 32&