

Sit Down

拍數: 32 牆數: 4 級數: Improver
編舞者: John Dowling (UK)
音樂: Sit Down Next To Me - James



RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE, STEP, PIVOT ½ TURN, SHUFFLE ½ TURN LEFT

1&2 Right step forward, step left next to right, right step forward
3&4 Left step forward, step right next to left, left step forward
5-6 Step right foot forward, pivot ½ turn left
7&8 Making a ½ turn left, right step forward, step left next to right, right step forward

LEFT EXTENDED WEAVE, RIGHT SIDE TOGETHER

1-2 Step left to left side, step right across in front of left
3-4 Step left to left side, step right across behind left
5-6 Step left to left side, touch right next to left
7-8 Touch right out to right side, touch right next to left

RIGHT GRAPEVINE, ¼ TURN RIGHT, RIGHT SHUFFLE FORWARD, LEFT ROCK, RECOVER

1-2 Step right to right side, step left across behind right
3-4 Step right to right side, step left across in front of right making a ¼ turn right
5&6 Right step forward, step left next to right, right step forward
7-8 Rock step forward on left, recover weight back onto right

LEFT BACKWARD SHUFFLE, RIGHT BACKWARD SHUFFLE WITH ½ TURN RIGHT, ROCK, RECOVER LEFT COASTER STEP

1&2 Left step backward, step right next to left, left step backward
3&4 Making a ½ turn right, right step backward, step left next to right, right step backward
5-6 Rock step forward on left, recover weight back onto right
7&8 Step back on left, step right in place, step slightly forward on left

REPEAT
