

So Complicated

拍數: 48 牆數: 4 級數: Improver
編舞者: Kim Swan (UK)
音樂: So Complicated - Miranda Lambert



FORWARD ROCK, ¼ TURN RIGHT CHASSE, CROSS, STEP BACK TURNING ½ LEFT, CHASSE LEFT

1-2 Rock forward on right, recover on left
3&4 Step right to right side making ¼ turn right, step left beside right, step right to right side
5-6 Cross left over right turning left, step right back completing ½ turn left
7&8 Step left to left side, step right beside left, step left to left side

CROSS ROCK, CHASSE RIGHT, CROSS, STEP BACK TURNING ½ LEFT, CHASSE LEFT

1-2 Cross rock right over left, recover on left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross left over right turning left, step right back completing ½ turn left
7&8 Step left to left side, step right beside left, step left to left side

ROCK FORWARD AND BACK, COASTER, STEP, PIVOT ½ RIGHT, SHUFFLE

1-2 Rock forward on right, rock back on left
3&4 Step right back, step left beside right, step right forward
5-6 Step left forward, pivot ½ turn right
7&8 Shuffle forward stepping left, right, left

CROSS, STEP, SAILOR, CROSS ¼ TURN RIGHT, TRIPLE ½ TURN RIGHT

1-2 Cross right over left, step left to left side
3&4 Cross right behind left. Step left to left side. Step right to place
5-6 Cross left behind right, step right forward making ¼ turn right
7&8 ½ triple turn right, stepping left, right, left

ROCK, RECOVER, FULL TURN LEFT, SHUFFLE, MAMBO ROCK

1-2 Rock back on right, recover on left
3 On ball of left make ½ turn left, stepping back on right
4 On ball of right make ½ turn left, stepping forward left
5&6 Shuffle forward stepping right, left, right
7&8 Rock forward on left, recover on right, rock back on left

The full turn in steps 3 - 4 can be replaced by walking forward, stepping right, left

STRIDE BACK, SLIDE, SYNCOPATED HIP BUMPS, LEFT ¼ TURN SAILOR

1-2 Big stride back on right, slide left up to right
3&4 Bump left hip forward, bump right hip back, bump left hip forward
&5-6 Bump right hip back, bump left hip forward, bump right hip back
7&8 Cross left behind right making ¼ turn left, step right to right side, step left in place

REPEAT