

Soul Sister

拍數: 32 牆數: 4 級數:
編舞者: A.T. Kinson (USA)
音樂: Lady Marmalade - All Saints



SIDE STEP, SYNCOPATED CROSS ROCK/KNEE LIFT, SAILOR SHUFFLE, CROSS STEP- $\frac{3}{4}$ TWIST, COASTER STEP

1-2 Left foot step to left side, right foot rock across left foot
&3 Recover weight to left foot, lift right knee into figure 4
4& Right foot step across behind left foot, left foot step to left side
5-6 Right foot step in place, left foot step across in front of right foot
7 Twist turn right $\frac{3}{4}$ ending with right foot in front of left foot (weight on left foot)
8&1 Right foot step back, left foot step next to right foot, right foot step forward

$\frac{1}{4}$ RIGHT, FORWARD ROCK, BACK PIVOT TURNING RIGHT, TWO FORWARD STEPS, SIDE BREAK, SIDE TOGETHER LEFT

2 Turning $\frac{1}{4}$ right rock left foot forward (yes, $\frac{1}{4}$ right)
3-4 Recover weight to right foot, left foot step back with $\frac{1}{2}$ pivot turn right
&5 Right foot step forward, left foot step forward
6&7 Right foot step to right side, left foot step in place, right foot step next to left foot
8& Left foot step to left side, right foot step next to left foot

$\frac{1}{4}$ LEFT, FORWARD STEP, ROCK/TAP STEP, $\frac{1}{4}$ RIGHT, SIDE TOGETHER SIDE, ROCK & RONDE $\frac{1}{2}$ LEFT, COASTER STEP

1-2 Turning $\frac{1}{4}$ left step left foot forward, right foot rock forward
&3 Tap toe of left foot behind right foot with calves crossed, recover weight to left foot turning $\frac{1}{4}$ right
4&5 Right foot step to right side, left foot step next to right foot, right foot step to right side
6-7 Left foot rock forward, recover weight to right foot and ronde left foot $\frac{1}{2}$ left
8&1 Left foot step back, right foot step next to left foot, left foot step forward

FORWARD ROCK, $\frac{1}{4}$ TURN RIGHT, SYNCOPATED SIDE ROCK, BACK ROCK, SIDE TOGETHER LEFT

2-3 Right foot rock forward, recover weight to left foot
4 Turning body $\frac{1}{4}$ right step right foot to right side
&5 Left foot step in place, right foot step next to left foot
6-7 Left foot rock back, recover weight to right foot
8& Left foot step to left side, right foot step next to left foot

REPEAT
