

Stay The Same

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lisa Martin (UK)
音樂: Stay the Same - Gabrielle



WEAVES, SHUFFLE, SWEEP ½

1&2 Cross right over left, step left to left side, step right behind left
3&4 Cross left behind right, step right to right side, cross left over right
5&6 Step forward right, step left next to right, step right forward
7&8 Sweep left ½ right on ball of right, step left to left side

TWINKLES, MAMBO, HIP SWAYS

1&2 Cross right over left, step left to left side, step onto right
3&4 Cross left over right, step right to right side, step on to left
5&6 Rock forward on right, recover on left, step right next to left
7&8 Sway hips left, right, left

ROCK BACK, SLIDE, CIRCULAR HIP MOVEMENTS ¼, SWEEPS, ROCK TOUCH

1&2 Rock back on right, recover on left, slide right to right side (large step)
3&4 Make circular hip movements around to the left twice, making ¼ left, place weight on left
5&6 Sweep forward right, sweep forward left
7&8 Rock forward on right, recover on left, touch right back

SIDE ROCK CROSS, SIDE SHUFFLE, UNWIND ½, TRIPLE FULL TURN

1&2 Rock right to right side, recover on left, cross right over left
3&4 Step left to left side, step right next to left, step left to left side
5-6 Touch right behind left, unwind ½ right on ball of right
7&8 Full turn left on left right left

Easier option: for count 31 and 32 of the dance, instead of full turn, perform a left shuffle

REPEAT
