

Stole

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Simon Ward (AUS)
音樂: Stole - Kelly Rowlands



- 1&2 Cross/step left over right, step right to right side, rock/step left behind right
3&4 Rock/step right forward, step left to left side turning $\frac{1}{4}$ right, step right back turning $\frac{1}{2}$ right
5-6 Rock/step left forward, rock/step right back
&7&8 Turning 2 full turns back to your left, step left, right, left, right
- 1-2& Rock/step left back, rock/step right forward, step left beside right
3-4& Step right forward, pivot $\frac{1}{2}$ turn left taking weight onto left, step right beside left
5-6& Rock/step left forward, rock/step right back, step left beside right
7&8& Point right toe to right & slightly back, turn $\frac{1}{2}$ right stepping right slightly forward (Monterey),
step left slightly forward, turn $\frac{1}{4}$ right taking weight onto right
- 1&2 Cross/step left over right, step right to right side, rock/step left behind right
3&4 Rock/step right forward, step left to left side turning $\frac{1}{4}$ right, step right back turning $\frac{1}{2}$ right
& Step left beside right turning a further $\frac{1}{4}$ turn right
5-6 Step right to right side and sway hips right, sway hips to left
7&8 Sway hips right, left, right
& Cross/step left over right
- 1&2 Step right slightly forward on right diagonal from cross/step, pivot left to your 6:00 wall taking
weight onto left, step right to right side dragging left heel towards right
3&4 Step left slightly behind right, step right slightly to right turning $\frac{1}{4}$ right, rock/step left forward
5-6 Step right slightly back on right diagonal dragging left heel, step left slightly back on left
diagonal dragging right heel
7&8 Touch ball of right back pivoting $\frac{1}{2}$ turn right, complete $\frac{1}{2}$ turn right by stepping left together,
turn a further $\frac{1}{4}$ turn right stepping right to right side letting the left follow the right

REPEAT

RESTART

On the 3rd wall you will do a restart and the end of the hip sways.
