

Take Your Pick

拍數: 64 牆數: 0 級數:
編舞者: Brenda Foxley
音樂: First Love - Alan Jackson



Position: Sweetheart Position

STEP, LOCK, STEP, HOLD, ROCK FORWARD, ROCK BACK, STEP ½ TURN RIGHT, HOLD

1-4 Step forward left, lock right behind left, step forward left, hold
5-8 Rock forward on right, rock back onto left, step ½ turn right, hold
9-16 Repeat above

Drop left hands and take rights hands over heads back into Sweetheart Position

¼ TURN, BEHIND, ¼ TURN, HOLD, ¼ TURN, BEHIND, ¼ TURN, HOLD

17-20 Step left ¼ turn right, step right behind left, step left ¼ turn left, hold

Take right hands over lady's head

21-24 Step right ¼ turn left, step left behind right, step ¼ turn right, hold

Take right hands over lady's head and pick up left hands

¼ TURN, STEP, CROSS, HOLD, ROCK RIGHT, ROCK LEFT, CROSS, HOLD

25-28 Step left ¼ turn right, step onto right in place, step left across right, hold
29-32 Step right to right side, rock onto left in place, step right across left, hold

¼ TURN, CROSS, BACK, HOLD, COASTER STEP, HOLD

33-36 Step back on left ¼ turn right, cross right over left, step back left, hold
37-40 Step back on right, step left next to right, step forward right, hold

¼ TURN, STEP, CROSS, HOLD, ROCK RIGHT, ROCK LEFT, CROSS, HOLD

41-44 Step left ¼ turn right, step onto right in place, step left across right, hold

Facing ILOD dropping right hands and bringing left over lady's head

45-48 Step right to right side, rock onto left in place, step right across left, hold

¼ TURN, CROSS, BACK, HOLD, COASTER STEP, HOLD

49-52 Step back on left ¼ turn right, cross right over left, step back left, hold
53-56 Step back on right, step left next to right, step forward right, hold

WALK LEFT, RIGHT, LEFT, HOLD, WALK RIGHT, LEFT, RIGHT, HOLD

57-60 Walk forward left, right, left, hold
61-64 Walk forward right. Left, right. Hold

REPEAT