

This Is L.A.

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ralf O.K. (IRE)
音樂: All I Want To Do - Sheryl Crow



Danced in "relaxed attitude", wherever possible have your hips in front of you

TOE TAPS & CLAP, 4X

- 1-2& Tap 2 times with toes of right foot in front, then put weight on it, clap with hands in lower left
- 3-4& Tap 2 times with toes of left foot in front, then put weight on it, clap with hands in lower right
- 5-6& Tap 2 times with toes of right foot in front, then put weight on it, clap with hands up left
- 7-8& Tap 2 times with toes of left foot in front, then put weight on it, clap with hands up right

PIVOT ½, ½ TURN SHUFFLE, ROCK BACK RECOVER, SHUFFLE

- 9-10 Right foot step forward, then turn on balls of both feet ending with weight on left foot
- 11&12 Cross right foot in front of left foot with ¼ turn, drag left foot behind, step right foot back with ¼ turn
- 13-14 Step back left foot, put weight back on right foot
- 15&16 Step left foot forward, drag right foot behind, step left foot forward

RIGHT LEG SWING, ¼ TURN COASTER, LEFT LEG SWING, ¾ TURN SHUFFLE

- 17-18 Swing right foot in a big circle around from front to back
- 19&20 Step right foot with ¼ turn right behind left foot, step left foot beside right foot, step right foot forward
- 21-22 Swing left foot in a big circle around from front to back (start turning your body)
- 23&24 Step left foot with 3/8 turn behind right foot, drag right foot behind, step left foot with 3/8 turn forward

ROCK FORWARD RECOVER, COASTER, ROCK FORWARD RECOVER, ¼ TURN SAILOR

- 25-26 Step right foot forward, weight back on left foot
- 27&28 Step right foot back, step left foot next to right foot, step right foot forward
- 29-30 Step left foot forward, weight back on right foot
- 31&32 Step left foot with ¼ turn behind right foot, step right foot next to left foot, step left foot forward

TOE SCUFF SHUFFLE, 2X

- 33-34 Tap right toes in front, scuff heel of right foot diagonally right
- 35&36 Step right foot diagonally right, drag left foot behind, step right foot diagonally right
- 37-38 Tap left toes in front, scuff heel of left foot diagonally right
- 39&40 Step left foot diagonally left, drag right foot behind, step left foot diagonally left

ROCK FORWARD RECOVER, ½ TURN SHUFFLE, ROCK FORWARD RECOVER, COASTER

- 41-42 Step right foot forward, weight back on left foot
- 43&44 Step right foot with ¼ turn right, drag left foot next to right foot, step right foot with ¼ turn right
- 45-46 Step left foot forward, weight back on right foot
- 47&48 Step left foot back, step right foot next to left foot, step left foot forward

TOE SCUFF SHUFFLE, 2X

- 49-50 Tap right toes in front, scuff heel of right foot diagonally right
- 51&52 Step right foot diagonally right, drag left foot behind, step right foot diagonally right
- 53-54 Tap left toes in front, scuff heel of left foot diagonally right
- 55&56 Step left foot diagonally left, drag right foot behind, step left foot diagonally left

ROCK FORWARD RECOVER, ½ TURN SHUFFLE, ROCK FORWARD RECOVER, COASTER

57-58 Step right foot forward, weight back on left foot

59&60 Step right foot with ¼ turn right, drag left foot next to right foot, step right foot with ¼ turn right

61-62 Step left foot forward, weight back on right foot

63&64 Step left foot back, step right foot next to left foot, step left foot forward

REPEAT
