

Touch Me

拍數: 64 牆數: 4 級數: Improver
編舞者: Linda Hegarty (UK)
音樂: Dame (Touch Me) - Jennifer Lopez



RIGHT ROCK AND CROSS, LEFT ROCK AND BEHIND, RIGHT ROCK AND CROSS

- 1-3 Rock right to right side, recover weight onto left, cross right over left (12:00)
4-6 Rock left to left side, recover onto right, cross left behind right (12:00)
7&8 Rock right to right side, recover weight onto left, cross right over left (12:00)

1 ¼ TRIPLE TURN SIDE TOGETHER FORWARD

- 1-4 Turn 1 ¼ turns left while stepping left right left hold (to 9:00)
5-8 Step right to right side, step left beside right, step right forward hold (9:00)

SIDE BEHIND SIDE IN FRONT ½ TURN STEP HOLD

- 1-2 Step left to left side, step right behind left (9:00)
3-4 Step left to left side, cross right over left (9:00)
5-6 Step left forward and pivot ½ turn right (to 3:00)
7-8 Step left forward and hold (3:00)

STEP FORWARD TOUCH, STEP BACK KICK AND TOUCH AND TOUCH SWAY RIGHT LEFT

- 1-2 Step right forward, touch left behind right (3:00)
3-4 Step left back, kick right forward (3:00)
&5&6 Step right in place, touch left beside right, step left in place, touch right (3:00)
7-8 Step right to right side as you sway your body right, step left to left side as you sway left (3:00)

ROCK ½ TURN ROCK ½ TURN, STEP ¾ REPEAT

- 1-3 Rock forward right, recover onto left, step right forward as you ½ turn right (to 9:00)
4-6 Rock forward left, recover onto right, step left forward as you ½ turn left (to 3:00)
7-8 Step right forward and pivot ¾ turn left as you put your weight on left (to 12:00)

ROCK ½ TURN ROCK ½ TURN STEP ¾

- 1-3 Rock forward on right recover onto left step right forward as you pivot ½ turn right (to 6:00)
4-6 Rock forward on left recover onto right step left forward as you pivot ½ turn left (to 12:00)
7-8 Step right forward and pivot ¾ turn left as you put weight on left (to 6:00)

STEP RIGHT HOLD, LEFT HOLD, SIDE TOGETHER SIDE HOLD (WITH HIP ROLLS)

- 1-2 Step right forward and hold (to 6:00)
3-4 Step left forward and hold (to 6:00)
5-8 Step right to right side, step left beside right, step right to right side, hold (to 6:00) (roll your hips to the right twice while doing 5-8)

STEP ¼ TURN STEP ¼ TURN, ROCK FORWARD AND BACK HOLD

- 1-4 Step left forward and pivot ¼ turn right repeat (to 12:00, to 3:00) (roll hips to the right)
5-8 Rock forward left, step back on right, step left beside right hold (to 3:00)

REPEAT