

Triple M

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Lady (Hear Me Tonight) - Modjo



SHUFFLE, ROCK, BACK SHUFFLE, COASTER

1&2 Step left forward, step right beside left, step left forward
3-4 Rock forward on right, recover weight on left
5&6 Step right back, step left beside right, step right back
7&8 Step left back, step right beside left, step left forward

KICK-BALL-CROSS, POINT-½ TURN WITH HITCH-POINT, KICK-BALL-POINT, POINT, ½ TURN WITH HOOK

9&10 Kick right forward, step right beside left, step left across right
11&12 Point right to right, hitch right and on ball of left spin ½ turn left, point right to right
13&14 Kick right forward, step right beside left, point left to left
&15-16 Step left beside right, point right to right, on ball of left spin ½ turn right and hook right across left

SHUFFLE, ¼ TURN, HOLD, TWISTS, CROSS SHUFFLE

17&18 Step right forward, step left beside right, step right forward
19-20 On balls of both feet spin ¼ turn left, hold
21 Keeping both feet in place, bend at knees and twist ¼ turn right
22 Straighten legs and twist ¼ turn left
23&24 Step right across left, step left beside right, step right across left

PIVOT, KICK-BALL-STEP, SCUFF, CROSS, OUT-OUT, STEP

25-26 Step left forward, pivot ½ turn right (weight now on right)
27&28 Kick left forward, step left beside right, step forward on right
29-30 Scuff left forward, step left across right
&31-32 Step back and to right on right, step left to left, step forward on right

REPEAT
