

Trust Me!

拍數: 64 牆數: 2 級數: Improver
編舞者: Geri Morrison (UK)
音樂: Vincero - Fredrik Kempe



CROSS, SIDE, TURN ¼ RIGHT, TOUCH BACK, LEFT SHUFFLE FORWARD, RIGHT SHUFFLE TURN ½ LEFT

1-2 Cross right over left, step left to side
3-4 Turn ¼ right and step right back, touch left toe back
5&6 Shuffle forward stepping left, right, left
7&8 Shuffle forward turning ½ left and step right, left, right (9:00)

BACK ROCK, LEFT SHUFFLE FORWARD, RIGHT SHUFFLE TURN ½ LEFT, BACK ROCK

1-2 Rock left back, recover on right
3&4 Shuffle forward stepping left, right, left
5&6 Shuffle forward turning ½ left and step right, left, right (3:00)
7-8 Rock left back, recover on right

SIDE ROCK TURN ¼ RIGHT, LEFT CROSS SHUFFLE, SIDE ROCK, KICK TWICE

1-2 Rock left to side, recover on right
3&4 Turn ¼ right and cross left over right, step right to side, cross left over right
5-6 Rock right to side, recover on left
7-8 Kick right diagonally forward, kick right diagonally forward (6:00)

SIDE ROCK, RIGHT CROSS SHUFFLE, 2 X TURN ¼ RIGHT, LEFT SHUFFLE FORWARD

1-2 Rock right to side, recover on left
3&4 Cross right over left, step left to side, cross right over left
5-6 Turn 1/4 right and step left back, turn ¼ right and step right to side
7&8 Shuffle forward stepping left, right, left (12:00)

FORWARD ROCK, BACK ROCK, TRIPLE STEP TURN ½ LEFT, BACK ROCK

1-2 Rock right forward, recover on left
3-4 Rock right back, recover on left
5&6 Triple in place turning ½ left and step right, left, right
7-8 Rock left back, recover on right (6:00)

TRIPLE STEP TURN ½ RIGHT, BACK ROCK, CROSS, STEP BACK, RIGHT COASTER STEP

1&2 Triple in place turning ½ right and step left, right, left (12:00)
3-4 Rock right back, recover on left
5-6 Cross right over left, step left back
7&8 Step right back, step left together, step right forward

FULL TURN RIGHT, STEP, TURN ½ RIGHT, DIAGONAL SLIDE TOUCH, HEEL SWITCHES

1-2 Turn ½ right and step left back, turn ½ right and step right forward
Or walk forward left, right
3-4 Step left forward, turn ½ right (weight to right)
5-6 Step left diagonally forward, slide/touch right together
7&8 Touch right heel forward, step right together, touch left heel forward (6:00)

& DIAGONAL SLIDE TOUCH, HEEL SWITCHES, & FORWARD ROCK, CROSS BEHIND, TOUCH

&
1-2 Step left together
1-2 Step right diagonally forward, slide/touch left together

3&4 Touch left heel forward, step left together, touch right heel forward
&5-6 Step right together, rock left forward, recover on right
7-8 Cross left behind right, touch right to side (6:00)

REPEAT
