

Try It

拍數: 0 牆數: 2 級數: Improver
編舞者: Rita Story (USA)
音樂: Just Let Me Be In Love - Tracy Byrd



Sequence: ABC, ABC, C, ABC. There's a 4 count tag between the last A and B (you'll notice there is no music for these beats). Hold your last position of segment A for the 4 counts.

PART A

SIDE MAMBOS RIGHT-LEFT-RIGHT-LEFT

1&2 Rock right foot to right side, recover on left, step right foot next to left
3&4 Rock left foot to left side, recover on right, step left foot next to right
5&6 Repeat 1&2
7&8 Repeat 3&4

½ PIVOT LEFT, SHUFFLE FORWARD, ½ PIVOT RIGHT, SHUFFLE FORWARD

1&2 Step forward on right foot, make ½ pivot to the left
3&4 Shuffle forward right, left, right
5&6 Step forward on left foot, make ½ pivot to the right
7&8 Shuffle forward left, right, left

FORWARD & BACK MAMBOS RIGHT-LEFT-RIGHT-LEFT

1&2 Rock right forward, recover on left, step right foot next to left
3&4 Rock left back, recover on right, step left foot next to right
5&6 Repeat 1&2
7&8 Repeat 3&4

½ PIVOT LEFT, SHUFFLE FORWARD, ½ PIVOT RIGHT, SHUFFLE FORWARD

1&2 Step forward on right foot, make ½ pivot to the left
3&4 Shuffle forward right, left, right
5&6 Step forward on left foot, make ½ pivot to the right
7&8 Shuffle forward left, right, left

STEP RIGHT TO SIDE, STEP LEFT NEXT TO RIGHT, SIDE SHUFFLE RIGHT-LEFT-RIGHT, ROCK FORWARD & BACK

1-2 Step right foot to right side, step left foot next to right
3&4 Side shuffle right, left, right
5-6 Rock forward on left foot, recover on right
7-8 Rock back on left foot, recover on right

ROCK & CROSSES LEFT-RIGHT-LEFT, STEP RIGHT NEXT TO LEFT, HOLD

1&2 Rock left foot to left side, recover on right, cross left over right foot
3&4 Rock right foot to right side, recover on left, cross right foot over left
5&6 Repeat 1&2
7-8 Step right foot next to left, hold

Styling: when stepping right next to left, place arms down at side. On the hold, cross arms over chest making an x with hands on shoulder

PART B

ROCK FORWARD RIGHT & STEP BACK, TWINKLE LEFT-RIGHT-LEFT (TRAVELING BACK)

1&2 Rock forward on right foot, recover on left, step right foot back
3&4 Cross left foot over right, step right foot back, step left foot to left side

5&6 Cross right foot over left, step left foot back, step right foot to right side
7&8 Repeat 3&4

SKATE FORWARD RIGHT-LEFT-RIGHT-LEFT, SHUFFLE RIGHT-LEFT-RIGHT MAKING ¼ TURN RIGHT, ROCK FORWARD

1-2 Skate (slide) forward to right, then left
3-4 Repeat 1-2
5&6 Shuffle right, left, right making a ¼ turn to the right
7-8 Rock forward on left, recover on right

LOCK STEP BACK LEFT-RIGHT-LEFT, SWEEP RIGHT MAKING ½ TURN, SHUFFLE FORWARD LEFT-RIGHT-LEFT, ROCK FORWARD ON RIGHT

1&2 Step back on left foot, cross right over left, step back on left foot
3-4 Sweep right foot back making ½ turn to the right
5&6 Shuffle forward left, right, left
7-8 Rock forward on right foot, recover on left

ROCK BACK ON RIGHT, STEP ½ TURN LEFT, SHUFFLE RIGHT-LEFT-RIGHT MAKING ¾ TURN LEFT, STEP LEFT TO LEFT SIDE, TOUCH RIGHT NEXT TO LEFT

1-2 Rock back on right foot, recover on left
3-4 Step forward on right foot, pivot ½ turn to the left
5&6 Shuffle forward right, left, right making a ¾ turn to the left
7-8 Step left foot to left side, touch right foot next to left

TWIST RIGHT KNEE IN & OUT, STEP RIGHT TO SIDE, SLIDE LEFT NEXT TO RIGHT, TWIST LEFT KNEE IN & OUT, STEP LEFT TO SIDE, SLIDE RIGHT NEXT TO LEFT

1-2 Twist right knee in towards left leg, twist it out to right side
3-4 Step right foot to right side, slide left foot next to right
5-6 Twist left knee in towards right leg, twist it out to left side
7-8 Step left foot to left side, slide right foot next to left

PART C

SHUFFLE RIGHT-LEFT-RIGHT, ¼ TURN RIGHT, SHUFFLE LEFT-RIGHT-LEFT, ROCK RIGHT TO SIDE

1&2 Shuffle forward right, left, right
3-4 Step forward on left foot, pivot ¼ turn to the right
5&6 Shuffle forward left, right, left
7-8 Rock right foot to right side, recover on left

SHUFFLE RIGHT-LEFT-RIGHT, ¼ TURN RIGHT, SHUFFLE LEFT-RIGHT-LEFT, ROCK RIGHT TO SIDE

1&2 Shuffle forward right, left, right
3-4 Step forward on left foot, pivot ¼ turn to the right
5&6 Shuffle forward left, right, left
7-8 Rock right foot to right side, recover on left
