

Vibrate

拍數: 40 牆數: 2 級數: Intermediate/Advanced
編舞者: Terry Cullingham (UK)
音樂: Vibrate - Rufus Wainwright



FORWARD ROCK, FULL TURN, SIDE STEP

1-2 Rock forward on right, recover on left
3-4 ½ turn right stepping forward right, ½ turn right stepping back left
5 Step right to right side

CROSS, SIDE, ¼ TURN, WALK, WALK

6-7 Cross left over right, step right to right side
8-9 ¼ turn left stepping left to left side, walk forward right
10 Walk forward left

¼ PADDLE TURN TWICE, ½ TURN

11-12 Step forward right, pivot ¼ turn left
13-14 Step forward right, pivot ¼ turn left
15 ½ turn left stepping back right

CROSS, BACK, BACK, ¼ TURN, ½ TURN

16-17 Lock left over right, step back right
18-19 Step back left, ¼ turn right stepping forward right
20 ½ turn right stepping back left

SWEEP ½ TURN, SAILOR STEP, ¼ TURN RIGHT, SIDE STEP

21 Sweep right behind left making a ½ turn right
22&23 Step right behind left, step left in place, step right in place
24-25 Step forward left making a ¼ turn right, step right to right side

CROSS, SIDE, ¼ TURN, WALK, WALK

26-27 Cross left over right, step right to right side
28-29 ¼ turn left stepping left to left side, walk forward right
30 Walk forward left

FORWARD ROCK, 1 ¼ TURN

31-32 Rock forward on right, recover on left
33-34 ½ turn right stepping forward right, ½ turn right stepping back left
35 ¼ turn right stepping right to right side

CROSS, BACK, BACK, ¼ TURN, STEP FORWARD

36-37 Lock left over right, step back right
38-39 Step back left, step forward right making ¼ turn right
40 Step forward left

REPEAT

On wall five there is a break in the music. Just continue dancing