

Wish

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ralf O.K. (IRE)
音樂: Don't Wish Too Hard - Carole Bayer Sager



MAMBO-CROSS RIGHT, MAMBO-CROSS LEFT, PIVOT ½, BACK-SHUFFLE RIGHT-LEFT-RIGHT

- 1&2 Rock right foot right, recover weight back on your left foot, cross right foot in front of left foot
3&4 Rock left foot left, recover weight back on your right foot, cross left foot in front of right foot
5-6 Step right foot forward, turn ½ to the left on balls of both feet, ending up with weight on your left foot
7&8 Step right foot back, step left foot back in front of right foot, step right foot back

ROCK BACK LEFT, RECOVER, FULL TURN LEFT STEP LEFT, RIGHT, ROCK FORWARD LEFT, RECOVER, COASTER

- 1-2 Rock back on left foot, recover weight back on right foot
3-4 Step forward with left foot, beginning a full turn to the left, step forward with right foot ending the turn
5-6 Step forward with left foot, recover weight back on right foot
7&8 Step back on left foot, step back on right foot, step forward on left foot

SIDE-ROCK RIGHT, RECOVER, SAILOR-STEP, LEFT-CROSS ROCK BACK, RECOVER, SCISSORS

- 1-2 Step right foot right, recover weight back on left foot
3&4 Cross right foot behind left foot, step left foot left, step right foot right
5-6 Cross-rock left foot behind right foot, recover weight back on right foot
7&8 Step left foot left, step right foot next to left foot, cross left foot in front of right foot

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

- 1&2 Step right foot forward, step left foot forward behind right foot, step right foot forward
3-4 Step left foot forward, turn ½ to the right on balls of both feet, ending up with weight on right foot
5&6 Step left foot forward, step right foot forward behind left foot, step left foot forward
7-8 Step right foot forward, turn ½ to the left on balls of both feet, ending up with weight on left foot

½ HEEL-GRIND ON RIGHT-HEEL, COASTER, ¼ HEEL-GRIND ON LEFT-HEEL, HAT-DANCE

- 1-2 Step forward on heel of right foot lift left foot turn ½ turn to the right, end turn with weight on left foot stepping down behind right foot
3&4 Step right foot back, step left foot back, step right foot forward
5-6 Step forward on heel of left foot lift right foot turn ¼ turn to the right, end turn with weight on right foot stepping down behind left foot
7&8 Step left foot next to right foot, tap heel of right foot forward, step right foot back in place, tap heel of left foot forward

BACK, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, PIVOT ½, SHUFFLE FORWARD LEFT-RIGHT-LEFT, PIVOT ½

- &1&2 Step left foot back in place, step right foot forward, step left foot forward behind right foot, step right foot forward
3-4 Step left foot forward, turn ½ to the right on balls of both feet, ending up with weight on right foot
5&6 Step left foot forward, step right foot forward behind left foot, step left foot forward
7-8 Step right foot forward, turn ½ to the left on balls of both feet, ending up with weight on left foot

REPEAT
