

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Charlotte Macari (UK) & Nicola Lafferty (UK)
音樂: Yes - Merry Clayton



ROCK STEP, BACK, HOOK, ¼ TURN HITCH, SIDE TOUCH, ¾ TURN, COASTER

- 1& Rock right forward, rock back onto left, rock step on the spot
- 2& Step back right, hook left in front of right, back hook
- 3& Step left forward, hitch right making ¼ turn left, step hitch turning left
- 4& Step right to right side, touch left beside right, side touch right
- 5-6 Step left ¼ turn left, make ½ turn left stepping back onto right, turning left
- 7&8 Step back left, step right beside left, step left forward, coaster step on the spot

4 WALKS WITH KNEE ROLLS, BACK, TOGETHER, BACK, TOUCH TWICE (ON DIAGONALS)

- 1 Step right forward rolling right knee outwards taking weight, walk forward
- 2 Step left forward rolling left knee outwards taking weight, walk
- 3-4 Repeat with steps 1-2, walk walk

Option steps 1-4 can be replaced with 4 skates forward

- 5& Step right diagonally back right, close left beside right, back close back
- 6& Step right diagonally back right, touch left beside right, back touch
- 7& Step left diagonally back left, close right beside left, back close back
- 8& Step left diagonally back left, touch right beside left, back touch

TOE TOUCHES, HITCH, LEFT WEAVE, JAZZ BOX, ¼ TURN, DRAG

- 1& Touch right forward, touch right to right side, touch side on the spot
- 2& Touch right forward, hitch right to right side turning right knee out, touch hitch
- 3&4 Cross right behind left, step left to left side, cross right across left, behind side cross left
- 5-6 Cross left over right, step back on right, cross back on the spot
- 7 Making ¼ turn left and step left large step to left side, step turning left
- 8 Drag right in to touch beside left, drag

Option

- 7&8& Make 1 & ¼ turn left - stepping left, right, left, touch

TOE STRUTS, ¼ TURN, ½ PIVOT, SIDE ¼ TURN, KNEE POPS, CROSS & UNWIND

- 1& Step right toe to right side, drop right heel taking weight, right strut right
- 2& Cross left toe over right, drop left heel taking weight, cross strut
- 3-4 Step right ¼ turn right, pivot ½ turn left, step pivot turning left
- 5 Making ¼ turn left stepping right to right side, turn turning left
- &6& Three knee pops - left, right, left, knee pops on the spot
- 7-8 Cross right over left, unwind ½ turn left, (weight ends on left,) cross unwind turning left

PADDLE FULL TURN, LEFT WEAVE WITH FLICK, CROSS, SIDE ¼ TURN, TOUCH

- 1 Make ¼ turn on ball of left touching right out to right side paddle turning left
- 2-4 Repeat step 1 three more times to complete full turn paddle turn
- 5& Cross right over left, step left to left side, cross side left
- 6& Step right behind left, flick left heel up to left side, behind flick
- 7& Cross left over right, step right to right side, cross side right
- 8& Make ¼ turn left stepping left to left side, touch right beside left, back touch back

REPEAT

