

You're History!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: Chance - The 411



TOUCH BACK, ¼ TURN RIGHT, FRONT SAILOR STEP, CROSS ¼ TURN RIGHT, ½ SAILOR TURN RIGHT

1-2 Touch right toe back, make a ¼ turn right, stepping weight on to right
3&4 Cross left over right, step right to right side, step left in place
5-6 Cross right over left, make a ¼ turn right, stepping back on left
7&8 While making a ½ turn right, sweep right foot round and step behind left, step left to left side, step right slightly forward

LEFT ROCK RECOVER, LEFT COASTER STEP, STEP ½ PIVOT LEFT, TOUCH, HIP BUMPS

1-2 Rock forward on left, recover weight to right
3&4 Step left foot back, step right beside left, step left foot forward
5-6 Step forward on right, make a ½ turn left, weight is now forward on left
7&8 Touch right foot slightly in front of left, bump hips right then left

WALK BACK RIGHT, WALK BACK LEFT, RIGHT COASTER STEP, STEP FORWARD LEFT, STEP ½ TURN LEFT, ½ TRIPLE TURN LEFT, TOUCH FORWARD

1-2 Walk back right, walk back left
3&4 Step right foot back, step left beside right, step right foot forward
5-6 Step forward on left, make a ½ turn left stepping back on right
7&8 Make a ½ turn left stepping left, right, touch left toe forward. (weight ends on right)

LEFT COASTER STEP, SKATE RIGHT, SKATE LEFT, CROSS UNWIND FULL TURN LEFT, RIGHT ROCK & CROSS

1&2 Step left foot back, step right beside left, step left foot forward
3-4 Traveling slightly forward, skate right, skate left
5-6 Cross right over left, unwind a full turn left. (weight ends on left)
7&8 Rock right out to right side, recover weight to left, cross right over left

2 X ¼ TURNING HIP BUMPS LEFT, SAILOR ¼ TURN LEFT, TAP, HITCH, LONG SIDE STEP

1&2 Make a ¼ left, stepping left forward, bump hips left, right, left
3&4 Make a ¼ left, stepping right to right side bump hips, right, left, right
5&6 While making a ¼ turn left, sweep left foot round and step behind right, step right to right side, step left slightly forward
7&8 Tap right toe beside left, hitch right knee slightly, step a long step on right to right side

CROSS STEP BACK, CHASSE LEFT, CROSS UNWIND FULL TURN LEFT, SIDE CLOSE POINT

1-2 Cross left over right, step right back
3&4 Step left to left side, close right beside left, step left to left side
5-6 Cross right over left, unwind a full turn, weight ends on left
7&8 Step right to right side, close left beside right, point right toe to right side

½ TURN RIGHT, TOUCH HITCH CROSS, HITCH POINT, BEHIND ¼ TURN LEFT, STEP ¾ TURN LEFT SIDE STEP

1-2 Make a ½ turn right, stepping right beside left, point left toe to left side
&3&4 Hitch left knee, cross left over right, hitch right knee, point right toe to right side
5-6 Cross right foot behind left, make a ¼ turn left stepping forward on left
7&8 Step forward on right, make a ¾ turn left, step right to right side

BEHIND, ¼ TURN RIGHT, SIDE BODY ROLL, DIAGONAL TOUCH, SIDE BODY ROLL, DIAGONAL TOUCH, LEFT MAMBO FORWARD

1-2 Cross left behind right, make a ¼ turn right stepping forward on right

3-4 Body roll to the left, stepping on to left, touch right toe to right diagonal

Easy option: step to left side and touch right toe to right diagonal

5-6 Body roll to the right, stepping on to right, touch left toe to left diagonal

Easy option: step to right side, touch left toe to left diagonal

7&8 Rock forward on left, recover weight to right, step left beside right

REPEAT

RESTART

Restart after count 16 on 4th wall (facing 12:00)
