

Just Remember

拍數: 32 牆數: 4 級數: Advanced
編舞者: Mary Garner (UK)
音樂: Mixed Up World - Sophie Ellis-Bextor



ROCK STEP, COASTER STEP, STEP TOUCH, BACK SHUFFLE

1-2 Rock forward on right, recover on left
3&4 Step back on right, step left next to right, step forward right
5-6 Step forward on left, touch right next to left
7&8 Step back on right, step left beside right, step back on right

SIDE ROCK, CROSS STEP CROSS, STEP ¼ TURN TWICE, MAMBO STEP

1-2 Rock left to left side, recover on right
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Step right to right side making ¼ turn left. Step forward on left making ¼ turn left
7&8 Rock forward on right, rock back on left, step right beside left

WALK, WALK, KICK BALL CHANGE, STEP ½ TURN WITH A HITCH, RIGHT LOCK FORWARD

1-2 Walk forward on left, walk forward on right
3&4 Kick left forward, step left beside right, step forward right
5-6 Step forward on left pivoting ½ turn to right and hitch right knee
7&8 Step down on right, lock left behind right, step forward right

SIDE, BEHIND, SIDE SHUFFLE, CROSS ROCK, STEP ¼ TURN

1-2 Step left to left side, step right behind left
3&4 Step left to left side, step right beside left, step left to left side
5-6 Cross rock right over left recover on left
7-8 Step right to right side making ¼ turn right, step forward left

REPEAT

TAG

After walls 4 and 7 (do the tag twice after wall 7)

1-2 Step forward on right, touch left behind right
3-4 Step back on left, touch right beside left
5-6 Step right to right side, touch left beside right
7-8 Step left to left side, touch right beside left