In This World



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Mike Sliter (USA)

音樂: Here In This World - Izak & West



CROSS ROCKS WITH 1/4 TURN

1-2	Cross rock	c right over	left: recover	back onto left
1-2	C1055 10C1	liqiil ovei	ieit, recover	Dack Office left

3-4 Step right to right side; hold

5-6 Cross rock left over right; recover back onto right

7-8 Step left into ¼ turn left; hold

FORWARD, LOCK, FORWARD, RONDE', CROSS, STEP BACK, BACK, DRAG

1-2	Sten forward on	right: slide and	lock left behind right
1-4	OLED IOI Wald OII	Hulli, Slide alla	iock ieit bei iii ia i iai it

3-4 Step forward on right; draw with left toe from left across right (ronde')

5-6 Step down on left; step back on right

7-8 Step back on left; drag right back to left (weight stays on left)

CROSS ROCK, 1/4 TURN, STEP FORWARD; 1/4 PIVOT, STEP ACROSS, HOLD

1-2) (Cross i	rock i	riaht	over	left:	recover	back	onto	left
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3-4 Step right into ¼ turn to the right; hold

5-6 Step forward on left; pivot ¼ turn to the right

7-8 Step left across right; hold

HIP SWAYS WITH TURNS

1-2	Sway hips	to the	riaht.	sway	hins to	the	left
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3-4 Sway hips ½ turn right; hold

5-6 Sway hips left while turning ¼ turn right; sway hips to the right

7-8 Sway hips left while turning ¼ left; hold

ROCK STEPS, ½ TURN, ½ DRAW TURN, ROCK STEP, SIDE STEP, CROSS

1-2 Rock forward on right; rock back on left

3-4 Step back on right while turning ½ turn to the right; point left toe to left side and draw circle

while spinning ½ turn right (weight ends on right)

5-6 Rock forward on left; rock back onto right7-8 Step left to left side; cross step right over left

STEP BACK-SIDE-FORWARD-HOLD, STEP SIDE-TOGETHER-BACK-HOLD

1-2	Step back on	left: step	right to r	iaht side

3-4 Step forward on left; hold

5-6 Step right to right side; step left next to right

7-8 Step back on right; hold

STEP BACK DIAGONALLY, DRAG; ½ TURN; PIVOT ½ TURN, STEP FORWARD

1-2	Step back on left on a diagonal; drag right back to left (weight stays on left)
3-4	Step back on right on a diagonal; drag left back to right (weight stays on right)

5-6 Step left into ½ turn left; step forward on right

7-8 Pivot ½ turn left; step forward on right

SIDE STEPS WITH TOUCH. LONG STEP AND DRAG

1-2	Step left to left side; step right next to left
3-4	Step left to left side; touch right next to left

- 5-6 Long step to the right; start dragging left towards right
- 7-8 Continue dragging left towards right; step down on left next to right

Optional styling: on count 8 while stepping down extend both arms to the side and snap fingers and throw your chin back with attitude

REPEAT