

Into The Arena

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: Now I Can Dance - Tina Arena



DIAGONAL SIDE ROCKS AND CROSS SHUFFLES LEADING RIGHT & LEFT

Steps 1-12 travel slightly forward

1-2 Step right diagonally forward right, rock back onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left diagonally forward left, rock back onto right in
7&8 Cross left over right, step right to right side, cross left over right

DIAGONAL SIDE ROCK & CROSS SHUFFLE, STEP, BRUSH, TRIPLE ½ TURN

9-10 Step right diagonally forward right, rock back onto left
11&12 Cross right over left, step left to left side, cross right over left
13-14 Step forward left, brush right behind and hook behind left knee
15&16 Triple step ½ turn left, stepping - right, left, right

TOE TOUCHES WITH BALL CHANGE, FULL TURN LEFT & SHUFFLE FORWARD

17-18 Touch left forward, touch left to left side
19&20 Touch left back, step back on ball of left, step forward right
21 Step forward left and pivot ½ turn left
22 Step back right and pivot ½ turn left
23&24 Step forward left, close right beside left, step forward left

FULL TURN RIGHT & SHUFFLE FORWARD, ROCK STEP, ¾ TRIPLE TURN LEFT

25 Step forward right and pivot ½ turn right
26 Step back left and pivot ½ turn right
27&28 Step forward right, close left beside right, step forward right
29-30 Rock forward on left, rock back onto right
31&32 Triple step ¾ turn left, stepping - left, right, left

SYNCOPATED WEAVE RIGHT, ½ TURN LEFT, CROSS, SIDE, CROSS ROCK

33-34 Step right to right side, cross left behind right
&35-36 Step right to right side, cross left over right, step right to right side
37 On ball of right pivot ½ turn left, stepping left to left side
38& Cross right behind left, step left to left side
39-40 Cross rock right over left, rock back onto left

SIDE RIGHT, HOLD, SYNCOPATED SIDE ROCK, TWICE

41-42 Step right to right side, hold
&43-44 Step left beside right, rock right to right side, rock onto left in place
45-46 Step right to right side, hold
&47-48 Step left beside right, rock right to right side, rock onto left in place

SAILOR STEP, ROCK ¼ TURN LEFT, KICKS FRONT & SIDE, BALL CHANGE, STEP

49&50 Cross right behind left, step left to left side, step right to place
51 On ball of right turn ¼ turn left and rock back on left
52 Rock forward onto right
53-54 Kick forward left, kick left to left side
&55-56 Step back on ball of left, step forward right, step forward left

KICKS FRONT & SIDE, BALL CHANGE, STEP, ROCK STEP, TRIPLE ½ TURN LEFT

57-58 Kick forward right, kick right to right side

&59-60 Step back on ball of right, step forward left, step forward right

61-62 Rock forward on left, rock back onto right

63-64 Triple step ½ turn left, stepping - left, right, left

REPEAT
