Isn't She

拍數: 32   牆數: 4   級數: Improver

編舞者: Setsuko Motoki (JP)

音樂: Isn't She - Carolina Rain

WALK, WALK, SHUFFLE, ROCK, RECOVER, BACK SHUFFLE

1-2	Step forward on right foot, step forward on left foot
3&4-5-6	Step forward on right foot, step left foot beside right, step forward on right foot, rock forward on left foot, recover weight on right foot
7&8	Step left foot back, step right foot beside left, step left foot back

RIGHT SAILOR, WEAVE RIGHT, SIDE ROCK, RECOVER, CROSS SHUFFLE

1&2-3&4	Step right foot behind left, step left foot beside right, step diagonally forward on right, step left foot behind right, step right foot to right, step left foot across right
5-6	Rock right foot to right, recover weight on left foot
7&8	Cross right foot across left, step left foot beside right, cross right foot across left

¼ TURN LEFT, CROSS, TOUCH, CROSS, TOUCH, CROSS, BACK, LOCK BACK STEP

1-2	¼ turn left on right foot, step left foot across right, touch right foot to right side
3-4	Step right foot across left, touch left foot to left side
5-6	Step left foot across right, step right foot back
7&8	Step left toot back, lock right foot across left, step left foot back

RIGHT SAILOR, LEFT SAILOR, ROCK BACK, RECOVER, PIVOT ½ LEFT

1&2-3&4	Cross right foot behind left, step left foot beside right, step right foot slightly forward, cross left foot behind right, step right foot beside left, step left foot slightly forward
5-6	Rock right foot back, recover weight on left foot
7-8	Step forward on right foot, pivot ½ turn left, shifting weight to left foot

REPEAT