

拍數: 64 牆數: 2 級數: Improver
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音樂: Help! - Little Texas



STEP LOCK STEP TWICE, ROCK & ROCK & ½ PIVOT STEP

1&2 Step forward on right, lock left behind right, step forward on right
3&4 Step forward on left, lock right behind left, step forward on left
5&6& Step forward on right, rock back on left, step back on right, rock forward on left
7&8 Step forward on right, pivot a ½ turn left, step forward on right
9-16 Repeat counts 1-8 leading with left

SAILOR STEP TWICE, ½ PIVOT, WALK X4

1&2& Step right behind left, step left to left, step right to right, step left behind right
3&4& Step right to right, step left to left, step forward on right, pivot ½ turn left
5-8 Walk forward on right, left, right, left
9-16 Repeat counts 1-8

TOUCH X3, WEAVE, FULL TURN, SHUFFLE

1&2 Touch right toe to right side, touch right next to left, touch right toe to right side
3&4 Step right behind left, step left to left, step right over left
5-6 Make a full turn left on left, right
7&8 Side shuffle left on left, right, left

ROCK & ROCK & ROCK & STEP 114 TURN, 114 112 TURN, CROSS SHUFFLE

1&2& Cross rock right over left, rock on to left, step right to right, rock on to left
3&4 Cross rock right over left, rock on to left, step right to right making a ¼ turn right
5-6 Make a ½ turn right stepping back on left, make a 114 turn right stepping right to right
7&8 Step left over right, step right to right step left over right

ROCK ½ TURN, MAMBO, STEP PIVOT, PIVOT, COASTER CROSS

1&2 Step right to right, rock on to left making a 112 turn right, step right next to left
3&4 Step left to left, rock on to right, step left next to right
5&6 Step forward on right, pivot a ½ turn left, make a ½ turn left stepping back on right
7&8 Step back on left, step right next to left, step left over right

SLIDE & CROSS STEP, SYNCOPATED WEAVE

1-2 Take a large step to right with right, hold
&3-4 Step left next to right, step right over left, step left to left side
5&6& Step right behind left, step left to left, step right over left, step left to left
7&8 Step right behind left, step left to left, touch right next to left

REPEAT

OPTIONAL INTRO

Step left to left with hands up on 1st help
Make a ½ turn left stepping right to right with hands up on 2nd help
Make a ½ turn left stepping left to left with hands up on 3rd help
Cross right over left unwind full turn left on 4th help