Have A Little Patience

級數: Intermediate

拍數: 48 編舞者: Jess Chilton (UK)

音樂: Patience - Take That

ROCK OUT, RECOVER, ROCK BACK, RECOVER, ROCK OUT, RECOVER, ROCK BACK, RECOVER

- 1-2-3-4 Rock out left to left side, recover on right, rock back on left, recover on right
- 5-6-7-8 Rock out left to left side, recover on right, rock back on left, recover on right

GRAPEVINE LEFT, HOLD, GRAPEVINE RIGHT, HOLD

- 1-2-3-4 Step left to left side, cross right behind left, step left to left side, hold
- 5-6-7-8 Step right to right side, cross left behind right, step right to right side, hold

SKATE LEFT, RIGHT, LEFT, RIGHT, ROCK RECOVER ½ TURN, LOCK FORWARD

- 1-2-3-4 Skate left, right, left, right
- 5-6 Rock forward on left, recover on right making a 1/2 turn to the left
- 7&8 Step forward on left lock right behind left

POINT FORWARD, POINT RIGHT TO RIGHT SIDE, POINT BACK, UNWIND ½ TURN, KICK BALL STEP BUMP BUMP

- 1-2-3-4 Point right forward, point right to right side, point right back, unwind $\frac{1}{2}$ turn over right shoulder
- 5&6 Kick left forward& step down on right
- 7-8 Hip bumps right, left

KICK BALL CROSS, CHASSIS FORWARD, WALK LEFT, RIGHT, SWIVEL OUT IN

- 1&2 Kick right forward & cross left over right
- 3&4 Chassis forward leading right
- 5-6 Walk left, walk right
- 7-8 Swivel both feet out to the right then back in again to recover

WALK LEFT, RIGHT, STEP PIVOT TURN, ½ TURN, ½ TURN, WALK LEFT, RIGHT

- 1-2 Walk left, walk right
- 3-4 Step left pivot 1/2 turn over right
- 5-6 1/2 stepping back on your left making another 1/2 turn stepping forward on right
- 7-8 Walk left, walk right

REPEAT





牆數: 2