

Gotta Sweat

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Michel Cabana (CAN)
音樂: Sweat Of Your Brow - Jully Black



Sequence: AA BBBB A- AA BBBB AA BBBB A

PART A

COASTER STEP, STEP, TOUCH & HEEL & ROCK STEP, ¼ RIGHT STEP

1&2 Step back on the right, step left beside right, step forward on the right
3-4 Step forward on the left, touch right behind left
&5& Step back on the right, touch left heel forward, step left beside right
6-7-8 Step forward on the right, recover on the left, pivot ¼ turn right as you step right to the right

CROSS SHUFFLE, ½ TURN LEFT, CROSS ROCK, ¾ TURN RIGHT

1&2 Cross left over right, step left beside right, cross left over right
3-4 Pivot ¼ turn left as you back on the right, pivot ¼ turn left as you step left to the left
5-6 Cross right over left, recover on the left
7-8 Pivot ¼ turn right as you step forward on the right, pivot ½ turn right as you step back on the left

BACK LOCK STEP, ROCK STEP BACK, FORWARD LOCK STEP, ¾ TURN LEFT

1&2 Step back on the right, lock left in front of right, step back on the right
3-4 Step back on the left, recover on the right
5&6 Step forward on the left, lock right behind left, step forward on the left
7-8 Step forward on the right, pivot ¾ turn left (weight ending on the left)

CHASSE RIGHT, ROCK STEP BEHIND, STEP, SAILOR STEP, STEP

1&2 Step right to the right, step left beside right, step right to the right
3-4-5 Cross left behind right, recover on the right, step left to the left
6&7-8 Cross right behind left, step left beside right, take a big step to the right on right, step left beside right

PART A-

The first 16 counts of part A

PART B

COASTER STEP, ¼ TURN RIGHT TOUCH, CHASSE RIGHT, ½ TURN RIGHT CHASSE LEFT

1&2 Step back on the right, step left beside right, step forward on the right
3-4 Step forward on the left, pivot ¼ right as you touch right beside left
5&6 Step right to the right, step left beside right, step right to the right
&7&8 Pivot ½ turn right, step left to the left, step right beside left, step left to the left