

Good Morning Charlie!

拍數: 32 牆數: 4 級數: Improver
編舞者: Avril King (UK)
音樂: Independent Women Part 1 - Destiny's Child



ROCK STEP RIGHT, LEFT, COASTER STEP, WALK LEFT, RIGHT

1&2 Rock forward on the right, recover onto left, step right in place
3&4 Repeat on the left
5&6 Coaster step on the right
7-8 Walk forward left, then right

STEP ½ TURN, KICK STEP OUT, HIP ROLL, ¼ TURN, CHASSE 1,4 TURN

9&10 Step left forward, make ½ turn to the right transferring weight to the right foot, step left in place
11&12 Flick right foot forward, step the right out to the right side, step left to the left side.

Weight is now on both feet

13-14 Roll the hips to the right making a full circle, repeat turning the body making a ¼ turn to the right side, touching the left foot next to the right
15&16 Chasse to the left with the left foot making a ¼ turn to the left side on the last step

POINT, POINT, ½ TURN, POINT, POINT, ¼ TURN, STEP IN, IN, OUT, OUT

17-18 Point the right foot in front, then to the back
19 Make a ½ turn, turning to the right, ending with the weight on the right foot
20-21 Point the left foot in front, then to the back
22 Make a ¼ turn, turning to the left, ending with weight on both feet
&23&24 Step the right in, step the left next to right, step the right out, step the left out

STEP ¼ TURN, STEP ¼ TURN, CROSS SAILOR STEP, STEP ACROSS, SLIDE, STEP IN PLACE

25-26 Step the right to the right making a ¼ turn to the right side, touch the left in place
27-28 Step the left foot back making a ¼ turn to the right, touch the right foot in place
29&30 Step the right across the left, rock the left to the left side, recover weight onto the right
&31-32 Step the left across in front of the right, take a large step with the right to the right side, slide the left foot in and step it in place

REPEAT
