

Fulfilled

拍數: 64 牆數: 4 級數: Intermediate
編舞者: ShaBeDa
音樂: Lola's Theme - The Shapeshifters



ROCK BACK, RECOVER, SHUFFLE ½ TURN LEFT, ROCK BACK, RECOVER, SHUFFLE FORWARD LEFT

1-2 Rock back right, recover on left
3&4 Making a ½ turn left, shuffle right- left- right
5-6 Rock back left, recover on right
7&8 Step left forward, step right beside left, step left forward

WALK TO THE RIGHT, TOUCH, LUNGE LEFT, RECOVER, DRAG

1-2-3 Walking in a circle to the right, make a full turn right, stepping right-left-right
4 Touch left beside right
5-6 Step left to left side & lunge left
7-8 Recover to standing position while dragging left foot towards right

CROSS STEP BEHIND, POINT, ¾ MONTEREY TURN RIGHT, KNEE POPS, STEP

1-2 Cross step left behind right, point right to right side
3-4 Make a ¾ turn right stepping right beside left, point left to left side
5-6 Pop left knee out, pop left knee in
7&8 Pop left knee out, pop left knee in, pop knee out taking weight

DIAGONAL KICK, POINT, DIAGONAL HITCH, ¼ STEP, ½ TURN, ½ TURN, ½ TURN, ¼ STEP

1-2 Kick right foot diagonally across left, point right to right side
3-4 Hitch right knee diagonally across left, step right ¼ turn right
5-6 Make ½ turn right stepping back left, make ½ turn right stepping forward right
7-8 Make ½ turn right stepping back left, make ¼ turn right stepping right to right side

Option: replace the turns with: walk forward left- right- left, ¼ turn left stepping right to right side

TOUCH BEHIND, STEP, TOUCH BEHIND, ¼ STEP, TOUCH BEHIND, STEP, TOUCH BEHIND, ¼ STEP

1-2 Cross touch left behind right, step left to left side
3-4 Cross touch right behind left, step right ¼ turn right
5-6 Cross touch left behind right, step left to left side
7-8 Cross touch right behind left, step right ¼ turn right

TOUCH, TWIST TWIST, HITCHED RONDÉ, CROSS, ANTI TO THE RIGHT UNWIND, TO THE RIGHT UNWIND

1&2 Touch left toe forward, twist heels left, twist heels right
3-4 Hitch left knee, take it out & around & cross step it well behind the right
5-6 Unwind a full turn left
7-8 Unwind a full turn right, (weight ends on left)

Option: replace the unwinds with: step left to left side, cross touch right behind left, step right to right side, step left beside right

STEP, TOUCH, STEP, POINT, STEP, POINT, FLEXED KICK, CROSS STEP, ¼ LEFT, STEP

1-2 Step right to right side, touch left beside right
&3&4 Step left beside right, point right to right side, step right beside left, point left to left
&5-6 Step left beside right, kick right out to right side keeping foot flexed (toes pointing up), cross step right behind left
7-8 Step left ¼ turn left, step forward right

STEP FORWARD, ½ TURN RIGHT, ½ TURN RIGHT, HITCH, FORWARD, TOUCH, ¼ TURN LEFT, TOUCH

1-2 Step forward left, pivot ½ turn right

3-4 Make ½ turn right stepping back on left, hitch right knee

5-6 Step back diagonally right with right, cross touch left over right

7-8 Make ¼ turn left, stepping left forward, cross touch right behind left

REPEAT
