

拍數: 32 牆數: 4

音樂: Envy - Smoke2Seven

編舞者: Dee Musk (UK)

級數: Intermediate



FLICK & SIDE POINT, HEEL TWISTS ¼ TURN LEFT, & STEP PIVOT, KNEE ROLL/PUSHES Flick right foot forward, bring right foot next to left and point left toe to left side 1&2 3&4 Twist both heels, right, left, right while making a ¹/₄ turn to the left. (weight remains on right foot) &5-6 Step left foot next to right, step forward on right foot and make a ¹/₂ turn left. (weight is on left foot) 7-8 Roll/push right knee out in a to the right motion, (weight is on right), roll/push left knee out in an to the left motion, (weight is on left) SIDE CLOSE ¼ TURN, SWEEP ¼ TURN AND SIDE STEP, CROSS SHUFFLE, SIDE ROCK 1&2 Step right to right side, close left next to right, make a ¼ turn right stepping forward on to right foot 3&4 Sweep left toe from behind, round in a to the right motion while making a 1/4 turn right, step left foot next to right, and step right foot to right side 5&6 Cross left foot over right, step right foot to right side, cross left foot over right 7-8 Rock right foot out to right side, recover weight back on to left foot BEHIND SIDE CROSS, KNEE ROLL WITH HIP PUSH, ROCK & ¼ TURN, HITCH ¼ TURN TWICE 1&2 Step right foot behind left, step left foot to left side, cross right foot over left 3&4 Roll/push left knee in a circular to the left motion on 3&. On count 4, push left knee and left hip to left side 5&6 Rock right foot out to right side, recover weight back on to left, make a 1/4 turn right, stepping forward on to right foot &7 Make a 1/4 turn right while hitching left knee, touch left toe out to left side Make a 1/4 turn right while hitching left knee, touch left toe out to left side &8 KICK & POINT, SWEEP SAILOR ¼ TURN RIGHT, KNEE PUSH/ROLL TWICE, CHASSE 1&2 Kick left foot forward, step left foot next to right, point right toe to right side 3&4 Sweep right foot round and behind left while making a ¼ turn right. Step right foot behind left, step left foot to left side, step right foot to right side 5-6 Roll/push left knee out in a circular motion to the left, (weight is on left), roll/push right knee out in a circular motion to the right, (weight is on right) 7&8 Step left foot to left side, step right next to left, step left foot to left side REPEAT TAG **KNEE ROLL/PUSHES, CHASSE** 1-2 Roll/push right knee out in a to the right motion, (weight is on right), roll/push left knee out in an to the left motion, (weight is on left) 3&4 Step right foot to right side, step left next to right, step right foot to right side Repeat counts 1-4 above starting with a left knee roll/push 5-8

GRAPEVINE (WITH ATTITUDE)

9-12 Step right to right side, step left foot behind right, step right foot to right side, step left foot next to right (weight now on left foot)

RESTART