

Do You Know?

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK)
音樂: The Show (W.I.P. Radio Edit) - Lauren Waterworth



The 1st 8 counts are traveling in a forward direction:

STEP RIGHT, CROSS LEFT, SYNCOPATED RIGHT SIDE ROCK & CROSS, STEP LEFT, CROSS RIGHT, SYNCOPATED LEFT SIDE ROCK WITH ¼ TURN RIGHT

- 1-2 Step right foot to right side, cross step left over right
- 3&4 Rock step right foot to right side, recover weight on left, cross step right over left
- 5-6 Step left foot to left side, cross step right over left
- 7&8 Rock step left foot to left side, ¼ turn right, step right foot forward, step left foot forward

STEP FORWARD RIGHT & LEFT, SYNCOPATED ½ PIVOT TURN LEFT, ROCK FORWARD LEFT & RECOVER, LEFT TOASTER STEP (I USE THIS TO DESCRIBE A COASTER STEP WITH A ¼ TURN LEFT)

- 1-2 Step right foot forward, step left foot forward
- 3&4 Step right foot forward, ½ pivot turn left (weight on left foot), step right foot forward
- 5-6 Rock step left foot forward, recover weight on right
- 7&8 ¼ turn left, step left foot back, step right foot next to left, step left foot forward

CROSS ROCK RIGHT OVER LEFT & RECOVER, ¼ RIGHT SIDE SHUFFLE, ½ PIVOT RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Cross rock step right over left, recover weight on left
- 3&4 Turn ¼ right, step right foot forward, step left foot next to right, step right foot forward
- 5-6 Step left foot forward, ½ pivot right
- 7&8 Step left foot forward, step right foot next to left, step left foot forward

RIGHT SIDE ROCK & RECOVER, RIGHT CROSS SHUFFLE, LEFT SIDE ROCK & RECOVER WITH ¼ TURN RIGHT, RIGHT TRIPLE STEP WITH ¼ TURN RIGHT

- 1-2 Rock right foot to right side, recover weight on left
- 3&4 Cross step right foot over left, step left foot to left side, cross step right foot over left
- 5-6 Rock left foot to left side, turning ¼ right recover weight on right
- 7&8 Step left foot next to right, ¼ turn right step right foot next to left, step left foot forward

REPEAT
