

Doctor's Orders

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Scottish Jan (UK)
音樂: Doctor's Orders - Carol Douglas



SIDE, CLOSE, CHASSE RIGHT, BACK ROCK, KICK BALL CROSS

- 1-2-3&4 Step right foot to the side, close left foot next to right foot, chasse to the right stepping right, left, right
- 5-6-7&8 Rock back on to left foot, recover weight forward on to right foot, kick left foot forward, step back on left foot, cross step right foot over left foot

¼ TURN RIGHT, ½ TURN RIGHT, SHUFFLE FORWARD, ¼ PIVOT TURN, CROSS & CROSS

- 9-10-11&12 Step left foot back making ¼ turn right, make ½ turn right stepping right foot forward, shuffle forward stepping left, right, left
- 13-14-15&16 Step right foot forward, pivot ¼ turn left, cross and cross shuffle stepping right, left, right
- Counts 16-32 are a repetition of counts 1-16 on the left foot

SIDE, CLOSE, CHASSE LEFT, BACK ROCK, KICK BALL CROSS

- 17-18-19&20 Step left foot to the side, close left foot next to right foot, chasse to the left stepping left, right, left
- 21-22-23&24 Rock back on to right foot, recover weight forward on to left foot, kick right foot forward, step back on right foot, cross step left foot over right foot

¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD, ¼ PIVOT TURN, CROSS & CROSS

- 25-26-27&28 Step right foot back making ¼ turn left, make ½ turn left stepping left foot forward, shuffle forward stepping right, left, right
- 29-30-31&32 Step left foot forward, pivot ¼ turn right, cross and cross shuffle stepping left, right, left

¼ TURN LEFT, HOOK, SHUFFLE FORWARD, ROCK RECOVER, TRIPLE ½ TURN RIGHT

- 33-34-35&36 Step right foot back making ¼ turn left, hook left foot across right leg, shuffle forward stepping left, right, left
- 37-38-39&40 Rock forward on right foot, recover weight back to left foot, make ½ turn over right shoulder stepping right left right

½ TURN RIGHT, HOOK, SHUFFLE FORWARD, ¾ PIVOT TURN RIGHT, CHASSE LEFT

- 41-42-43&44 Make ½ turn right stepping left foot back, hook right foot over left leg, shuffle forward stepping right, left, right
- 45-46-47&48 Step left foot forward, pivot ¾ turn right (transfer weight to right foot), chasse left stepping left, right, left

BACK ROCK, KICK BALL CROSS, SIDE ROCK, BEHIND SIDE CROSS

- 49-50-51&52 Rock back on to right foot, recover weight forward on to left foot, kick right foot forward, step back on to right foot, cross step left foot over right foot
- 53-54-55&56 Rock right foot to the side, recover weight on to left foot, cross step right foot behind left foot, step left foot to the side, cross step right foot over left foot

SIDE ROCK, BEHIND SIDE CROSS, ¼ MONTEREY TURN, SIDE ROCK CROSS

- 57-58-59&60 Rock left foot to the side, recover weight on to right foot, cross step left foot behind right foot, step right foot to the side, cross step left foot over right foot
- 61-62-63&64 Point right foot to the side, make ¼ turn right closing right foot next to left foot, rock left foot to the side, recover weight to right foot, cross step left foot over right foot

REPEAT

