

Dirty Dancing

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lizzie Clarke (SCO) & Ed Lawton (UK)
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



MAMBO TWICE SWITCHES X4 MOVING FORWARD

1&2 Rock right to right side, rock on to left, step right next to left
3&4 Repeat counts 1&2 on left
5&6 Touch right heel forward, step right next to left, touch left heel forward
&7& Step left next to right, touch right heel forward, step right next to left
8 Touch left heel forward

Counts 5-8 are moving forward

AND ROCK ½ TURN SHUFFLE, ROCK ¼ TURN SHUFFLE

&1-2 Step left next to right, step forward on right, rock back on left
3&4 Make ½ turn right, stepping right, left, right
5-6 Step left to left side, rock on to right making a ¼ turn right
7&8 Shuffle forward on left, right, left

ROCK AND ROCK X 3 ½ TURN, CROSS SIDE, SAILOR ¼ TURN

1&2 Step forward on right, rock on to left, step right to right side
&3 Rock on to left making a ¼ turn right, a ¼ right as you step right to right side
&4 Rock on to left, step forward on right
5-6 Step left over right, step right to right side
7&8 Step left behind right, step right to right, step left to left making a ¼ turn left

BUMP ¼ TURN, SAILOR ¼ TURN, ¾ PIVOT, STEP DRAG

1-2 Touch right toe forward as you bump right hip up, step weight onto right making a ¼ turn left
3&4 Step left behind right, step right to right, step left to left making ¼ turn left
5-6 Step forward on right, pivot ¾ turn left
7-8 Take a large step to right, drag left to right

REPEAT