

Distracted

拍數: 32 牆數: 2 級數: Improver
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音樂: I've Been Thinking About You - Londonbeat



WALK FORWARD, KICK-BALL CHANGE, FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (RIGHT)

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Kick right foot slightly forward
- &4 Land on (ball of) right foot, while slightly lifting left foot off floor, step left back to floor
- 5 Step (rock) right foot forward, while slightly lifting left foot off floor
- 6 Lower left foot back to floor (recover)
- 7&8 Shuffle ½ turn right, stepping (right-left-right)

WALK FORWARD, KICK-BALL CHANGE, FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (LEFT)

- 9 Step left foot forward
- 10 Step right foot forward
- 11 Kick left foot slightly forward
- &12 Land on (ball of) left foot, while slightly lifting right foot off floor, step right back to floor
- 13 Step (rock) left foot forward, while slightly lifting right foot off floor
- 14 Lower right foot back to floor (recover)
- 15&16 Shuffle ½ turn left, stepping (left-right-left)

SIDE SAMBAS, HEEL SWITCHES, ½ PIVOT TURN (LEFT)

- 17 Step (rock) right foot out to side, slightly lifting left foot off floor
- &18 Step left foot back to floor, while stepping right next to left
- 19 Step (rock) left foot out to side, slightly lifting right foot off floor
- &20 Step right foot back to floor, while stepping left next to right
- 21 Tap right heel forward
- &22 Step right foot together, while tapping left heel forward
- &23 Step left foot together, while stepping forward on right
- 24 On (balls of) both feet, pivot ½ turn left

2 STEP TURN (LEFT), FORWARD ROCK-RECOVER, COASTER STEP, KICK & SIDE POINT

- 25 Step right foot forward & pivot ½ turn left
- 26 Step left foot backward & pivot ½ turn left
- 27 Step (rock) right foot forward, while slightly lifting left foot off floor
- 28 Lower left foot back to floor (recover)
- 29 Step right foot back on (ball of) foot
- &30 Step together on (ball of) left foot, step forward on right
- 31 Kick left foot slightly forward
- &32 Step left foot back to floor, while touching right together (optional snap)

REPEAT

RESTART

When you start on the 4th repetition only dance the first 16 counts then start from the beginning (should be facing the front wall)