Dancin' With You

拍數: 64

級數: Improver - Nightclub

編舞者: Sal Gonzalez (USA)

音樂: What I Meant To Say - Wade Hayes

NIGHT CLUB MOVEMENTS TO THE SIDE

- 1&2 Hip sway left, right left
- 3&4 Hip sway right left right
- 5-8 Repeat counts 1-4

REGULAR BASIC NIGHT CLUB

- 9&10 Rock left behind right, step down on right, stride to the side with left
- 11&12 Rock right behind left, step down on left, stride to the side with right
- 13-16 Repeat counts 9-12

LEFT TURNING BASIC

- 17&18 Rock left behind right, turn 1/4 left with right step forward, step forward with left
- 19&20 Turn ¼ left with right step to right side (facing back wall), cross left foot over right, stride step to the side with right
- 21&22 Rock left behind right, step down on right, stride step to the side with left
- 23&24 Rock right behind left, step down on left, stride to the side with right
- 25-32 Repeat counts 17-24

RIGHT TURNING BASIC

- 33&34 Rock left behind right, step down on right, turn ¼ turn right on ball of right foot while stepping the left foot to the left side
- 35 Turn ¼ turn right while stepping the right foot to the right side (should be facing back wall) &36 Cross left foot over right, stride step to the side with right
- 37&38 Rock left behind right, replace forward with right, stride step to the side with left
- 39&40 Rock right behind left, replace forward with left, stride step to the side with right
- 41-48 Repeat counts 33-40

BACK DIAGONAL, CROSS (KEEP FACING FRONT)

- 49&50 Step left diagonally back with left, right cross, step left diagonally back on ball of left foot
- Step right diagonally back with right, left cross, step right diagonally back on ball of right foot 51&52
- 53-56 Repeat counts 49-52

FORWARD DIAGONAL, SLIDE, TOGETHER

- 57&58 Slide left diagonally forward with left foot, slide right foot up next to left and step, slide left diagonally forward with left foot
- Slide right diagonally forward with right foot, slide left foot up next to right and step, slide right 59&60 diagonally forward with right foot
- Repeat counts 57-60 61-64

REPEAT





牆數: 1