

Count The Way

拍數: 32 牆數: 4 級數:
編舞者: Troy Lidgard (AUS) & Justine Shuttleworth (AUS)
音樂: Wrapped Up In You - Garth Brooks



- 1&2 Cross/step left over right, turn $\frac{1}{4}$ left & step back on right, touch left heel forward
&3 Step slightly forward on left, step forward on right
4-5 Twist both heels right turning body $\frac{1}{4}$ left, twist both heels left turning body back $\frac{1}{4}$ right
6& Step back on right, back on left
7-8 Touch right heel forward at 45 degrees right, hook right heel up to left shin
- 1-2 Step right to right, step left behind right
&3 Step right to right, step left in front of right
&4 Step right to right, step left behind right
&5 Turn $\frac{1}{4}$ right & step right to right, step left in front of right
&6 Step right to right, step left behind right
&7 Step right to right, touch left heel at 45 degrees left
8 Hook left heel up to right shin
- 1-4 Rolling full turn left stepping left-right-left-right
&5 Step weight onto left slightly to left side, step a big step to right side
6&7 Step left behind right, step right to right, cross left over right
8 Pivot $\frac{1}{2}$ turn right taking weight onto left
- 1&2 Step right behind left, step left to left, replace weight onto right turning $\frac{1}{4}$ left
3-4 Rock back on left, forward on right
5-6 Step a huge step forward on left, turning $\frac{1}{2}$ right drag right foot in toward left
7 Take weight onto right foot popping left knee forward
8 Bump hips up left, bump hips down right (weight remains on right throughout hip bumps)

REPEAT

TAGS

After completing wall three and at the beginning of wall four, hold for 8 extra beats and then restart the dance
After completing wall six and at the beginning of wall seven the same applies, however hold for approximately 10 beats

FINISH

As it is only a short dance feel free to continue through the instrumental at the end or just simply stop the music -- whatever you think is best for you