

Commitment

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Commitment - LeAnn Rimes



RIGHT ROCK STEP, RIGHT COASTER STEP, STEP ½ TURN, LEFT KICK BALL CHANGE

1-2 Step forward on to right foot. Rock weight back on to left
3&4 Right coast step-(step back on right. Step left beside right. Step forward on right)
5-6 Step forward on to left foot. Pivot ½ turn to the right
7&8 Left kick ball change-(kick left forward. Step left beside right. Step right in place)

LEFT ROCK STEP, LEFT COASTER STEP, STEP ½ TURN, RIGHT KICK BALL CHANGE

9-10 Step forward on to left foot. Rock weight back on to right
11&12 Left coaster step-(step back on left. Step right beside left. Step forward on left)
13-14 Step forward on to right foot. Pivot ½ turn to the left
15&16 Right kick back change-(kick right forward. Step right beside left. Step left in place)

RIGHT ROCK STEP, 3X TURNING TRIPLE STEPS (TO THE RIGHT)

17-18 Step forward on to right foot. Rock weight back on to left
19&20 Triple step-right, left, right making ½ turn right
21&22 Triple step-left, right, left making ½ turn right
23&24 Triple step-right, left right making ½ turn right

Travel back on the turning shuffles.

LEFT ROCK STEP, 3X TURNING TRIPLE STEPS (TO THE LEFT)

25-26 Step forward on to left foot. Rock weight back on to right
27&28 Triple step-left, right, left making ½ turn left
29&30 Triple step-right, left, right making ½ turn left
31&32 Triple step-left, right, left making ½ turn left

Travel back on the turning shuffles.

STEP ¼ TURN, CROSSING TRIPLE STEP, SIDE, CROSS, UNWIND, TWICE STEP IN PLACE

33-34 Step forward on to right foot. Pivot ¼ turn to the left
35&36 Cross right over left. Step small step to the left. Cross right over left
37-38 Step to the left with left foot. Cross right behind
39 Unwind ½ turn to the right (with weight remaining on right foot)
&40 Step left foot in place. Step right foot in place

STEP ¼ TURN, CROSSING TRIPLE STEP, SIDE, CROSS, UNWIND, TWICE STEP IN PLACE

41-42 Step forward on to left foot. Pivot ¼ turn to the right
43&44 Cross left over right. Step small step to the right. Cross left over right
45-46 Step to the right with right foot. Cross left behind right
47 Unwind ½ turn to the left (with weight remaining on left foot)
&48 Step right foot in place. Step left foot in place

RIGHT SHUFFLE LEFT SHUFFLE, FORWARD RIGHT ½ TURN, BACK LEFT ½ TURN

49&50 Right shuffle forward-(step forward right. Step left beside right. Step forward right)
51&52 Left shuffle forward-(step forward left step right beside left. Step forward left)
53-54 Step forward on to right foot. Pivot ½ turn to the left
55-56 Step back on to left foot. Pivot ½ turn to the left

STEP ¼ TURN, CROSS, SIDE, BEHIND, UNWIND, TRIPLE STEP

57-58 Step forward on to right foot. Pivot $\frac{1}{4}$ turn to the left
59-60 Cross right foot over left. Step to the left with left foot
61-62 Cross right foot behind left. Unwind $\frac{1}{2}$ turn to the right (with weight remaining on right foot)
63&64 Triple step left, right, left (on the spot)

REPEAT
