

Compliments

拍數: 32 牆數: 4 級數: Improver
編舞者: Shaz Walton (UK)
音樂: Compliments (feat. Brian And Tony Gold) - Red Dragon



BACK ROCK, STEP, KICK, BACK ROCK, ¼ TURN, STEP, KICK

- 1-2 Rock diagonally back on left (angle body to left) recover weight onto right
- 3-4 Step left slightly to left side, kick right foot to right diagonal, (angle body to right)
- 5-6 Rock diagonally back on right (angle body to right) recover weight onto left
- 7-8 Step back right making a ¼ turn left, kick left diagonally left (angle body to left)

BACK ROCK, ½ TURN, STRUT, ½ TURN, STRUT, ROCK, RECOVER

- 1-2 Rock back on left, recover weight onto right
- 3-4 Make ½ turn right stepping on the ball of left foot, drop left heel
- 5-6 Make ½ turn right stepping on ball of right foot, drop right heel
- 7-8 Rock forward on left, recover weight onto right

Option: to avoid the turns, strut forward left & right

STEP BACK, TOUCH, KNEE POPS, STEP BACK, TOUCH, KNEE POPS

- 1-2 Step back diagonally left, touch right beside left, (right knee towards left knee)
- 3-4 Pop left knee towards right knee, pop right knee towards left knee, (weight ends on left)
- 5-6 Step back diagonally right, touch left beside right, (left knee towards right knee)
- 7-8 Pop right knee towards left knee, pop left knee towards right knee, (weight ends on right)

¼ STEP, ½ TURN ¼ STEP, TOUCH, SIDE, BEHIND, STEP, CROSS, SIDE

- 1-2 Step left ¼ turn left, make ½ turn left, stepping back right
 - 3-4 Step left ¼ turn left, touch right beside left
- Option: to avoid the full turn, grapevine to the left**
- 5-6 Step right to right side, cross step left behind right
 - &7-8 Step right beside left, cross step left over right, step right to right side

REPEAT
