Contact



拍數: 32 牆數: 4 級數: Intermediate/Advanced

編舞者: Chris Godden (UK) 音樂: Contact - Edwin Starr



1-2& Stomp right to side, cross/rock left behind right, recover on right

3-4 Stomp left to side, cross right behind left5-6 Cross left behind right, cross right behind left

Use rondé action on those two back cross steps

7&8 Unwind ¾ right, swivel both heels right, swivel both heels to center

Lift heels on '&' count and lower them on count 8

1&2 Rock left forward, recover on right, step left back

3-4 Touch right toe back, body roll down and step right in place

Sit down on right

5-6 Step left forward, step right forward

7&8 Turn ½ turn left (weight to left), swivel both heels left, swivel both heels to center

Lift heels on '&' count and lower them on count 8

1&2 Shuffle back left, right, left

3&4 Shuffle to side turning a full turn stepping right, left, right

5-6 Step left forward, step right forward

7-8 Hold, hold

Styling:

7&8 Turn head to left, raise shoulders up, push shoulders down

1&2 Cross right over left, step left back, step right together

Return head to front on count 1

Step left forward, turn ½ right (weight to right), step left forward 5-6& Step right forward, step left forward, cross right behind left

7-8 Hold

Styling:

7&8 Turn head to left, clap hands twice

& Turn head back to the front

REPEAT