

Choices

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lynn Gannon (UK)
音樂: Find out Who Your Friends Are - Tracy Lawrence



SWEEP FORWARD, ¼ TURN RIGHT, HIP BUMPS, ¼ TURN RIGHT, LOCK STEP

- 1-2 Sweep forward on right foot, sweep forward on left foot
- 3-4 Sweep forward on right foot, turn ¼ turn right, stepping left foot to left side and bump hips to left
- &5 Bump hips right and left
- 6 Turn ¼ turn right, stepping slightly forward on right
- 7&8 Left lock step forward

SWEEP FORWARD, ROCK ¼ TURN, ROCK ¼ TURN, STEP TURN

- 1-2 Sweep forward on right foot, sweep forward on left foot
- 3&4 Rock forward on right foot, step on left foot, turn ¼ turn right stepping right foot to right side
- 5&6 Rock forward on left foot, step on right foot, step forward on left foot ¼ turn left
- 7-8 Step forward on right pivot ½ turn left

KICK STEP FORWARD, STEP FORWARD, ¼ TURN, HIP BUMPS, ¼ TURN, STEP LOCK

- 1&2& Kick right foot forward, step on right foot, kick left foot forward, step on left foot (travel slightly forward with these steps)
- 3 Step forward on right foot
- 4&5 Turn ¼ turn right stepping left to left side, bumping hips left, bump hips right then left
- 6 Turn ¼ turn right stepping forward on right
- 7&8 Left lock step forward

¼ TURN LEFT, ROCK STEP, BEHIND AND CROSS, ¼ TURN TWICE, STEP FORWARD

- 1 Turn ¼ turn left stepping right foot to right side
- 2&3 Rock back on left foot, step on right foot, step left foot to left side
- 4&5 Step right foot behind left, step left to left side, cross right foot over left
- 6-7 Turn ¼ turn right stepping back on left foot, turn ¼ turn right stepping right foot to right side
- 8 Step slightly forward on left foot

REPEAT

This dance is dedicated to my Dad and Carol Robinson for always being there for us
