

Cheatin' Myself

拍數: 32 牆數: 4 級數: Improver
編舞者: Guyton Mundy (USA)
音樂: You Know I'm No Good - Amy Winehouse



SIDE STEP, ROCK/RECOVER, TRIPLE STEP WITH A ¼, STEP HALF, TRIPLE FULL TURN

1-2-3 Side step right to right, cross rock left over right, recover on right
4&5 Side step left to left, step together with right, step forward on left making a ¼ turn to left
6-7 Step forward on right, make a half turn to left stepping forward on left
8&1 Make a half turn to left stepping back on right, make a half turn to left stepping forward on left, step forward on right

STEP, BACK, LOCK, BACK, SIDE STEP WITH ¼, CROSS OVER, UNWIND ROLL, TRIPLE FORWARD

2-3 Step slightly forward on left, step back on right
8&4&5 Lock left over right, step back on right, make a ¼ turn to the left stepping left to left side, cross right over left
6-7 Roll knees in a rotation to the left while unwinding a full turn to the left
8&1 Step forward on left, bring right to left, step forward on left

ROCK/RECOVER, ¼ TURN SIDE STEP TOGETHER X3, STEP FORWARD ON ANGLE, ROCK/RECOVER 3/8 TURN

2-3 Rock forward on right, recover back on left
4&5 Make a ¼ turn to right while stepping right to right, step together with left, step right to right side
&6-7 Step together with left, make an 1/8 of a turn to right stepping forward on right, walk forward on left
8&1 Rock forward on right, recover on left, make a 3/8 turn to right stepping forward on right

STEP HALF, TRIPLE FORWARD, CROSS ROCK/RECOVER, SIDE STEP, TOGETHER

2-3 Step forward on left, make a ½ turn to right stepping forward on right
4&5 Step forward on left, bring right to left, step forward on left
6-7 Cross rock right over left, recover on left
8& Side step right to right, step together with left

REPEAT

RESTART

On the 4th wall you will do the first 8 counts of the dance and the restart on the front wall