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 1/4, STEP HALF, TRIPLE FULL TURN

1-2-3	Side step right to right	cross rock left over right	recover on right
1-2-0	olde step right to right,	CIUSS TUCK ICIL UVCI TIGITI	, 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 1/4, CROSS OVER, UNWIND ROLL, TRIPLE FORWARD

2-3 Step slightly forward on left, step back on right

&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

Step forward on left, bring right to left, step forward on left

ROCK/RECOVER, 1/4 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