

Careless Whisper

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK)
音樂: Careless Whisper (feat. Brian McKnight) - Kenny G



NIGHTCLUB BASIC, STEP, ½ TURN STEP, SIDE, ROCK, CROSS, ½, CROSS

- 1-2& Step left foot to left side, rock back on right foot, recover weight onto left foot
3-4& Step right foot to right diagonal, step left foot forward to right diagonal, pivot ½ turn right
5-6&7 Step forward on left (straightening up to back wall), rock right foot to right side, recover weight onto left, cross right foot over left
&8& Make a ¼ turn right stepping back on left foot, make another ¼ turn right stepping right foot to right side, cross left foot over right

SWEEP, BACK, COASTER ¼ CROSS, ROLL FULL TURN, CROSS ROCK, SWEEP

- 9-10 As you recover weight back onto right foot sweep left foot back, step back on left foot
11&12 Step back on right foot, step left foot next to right, make a ¼ turn right and cross right foot over left
13&14 Make a ¼ turn left and step forward on left foot, make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side
15&16 Cross rock right foot over left foot, recover weight onto left, sweep right foot back

BACK ROCK ½, SIDE, CROSS, SIDE TWICE

- 17&18 Rock back on right foot, recover weight onto left foot, make a ½ turn left and step back on right
19&20 Step left foot to left side, cross right foot in front of left foot, step left foot to left side
21-24 Repeat steps 17-20

ROCK & STEP, LOCK, STEP, ½ TOUCH, ¾ TURN WEAWE, ½ TURN

- 25&26 Rock back on right foot, recover weight onto left foot, step right foot forward
&27 Lock left foot behind right, step forward on right
&28 Make a ½ turn right on ball of right foot, touch left toe to left side
This next section is danced as though you are doing a basic weave but around a pole. Keep a nice tight circle as this makes it easier. You will be making a ¼ turn by:
29& Cross left foot behind right foot as you start to make a ¼ turn left, step right foot to right side completing the ¼ turn left
30& Cross left foot over right foot starting to make a ¼ turn left, step right to right side completing the ¼ turn left
31& Cross left foot behind right foot as you start to make a ¼ turn left, step right foot to right side completing the ¼ turn left
32& Cross left foot over right foot, make a ¼ turn left and step back on left foot
Make a ¼ turn left as you return to count 1 and step the left foot to the left side

REPEAT