

By Myself

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: If I Can't (Have You) - Rupee



Start on the word "can't"

SIDE-ROCK-CROSS, LOCK STEP BACK, MAMBO STEP, STEP-½ TURN-½ TURN

1&2 Step right to right side, rock weight onto left, cross step right over left
3&4 Step back on left, cross right over left, step back on left
5&6 Step back on right, rock weight forward onto left, step forward on right
7&8 Step forward on left, pivot ½ turn right, ½ turn right stepping back on left (or coaster step)

SLIDE BACK TWICE, COASTER STEP, ¼ TURN-SWEEP, CROSS-BACK-CROSS

1-2 Slide right back, slide left back
3&4 Step back on right, step left next to right, step forward on right
5-6 Step forward on left, ¼ turn left sweeping right around to front (keeping right off floor)
7&8 Cross step right over left, step back on left, cross step right over left (9 o'clock wall)

BUMP TWICE, & CROSS-SIDE, BEHIND & SIDE, BUMP TWICE

1-2 Step left to left side bumping hips left, bump hips left
&3-4 Step right slightly back, cross step left over right, step right to right side
5&6 Step left behind right, rock weight forward onto right, step left to left side
7-8 Step right to right side bumping hips right, bump hips right

& CROSS-¼ TURN, ½ TURN TRIPLE, ROCK STEP ¼ TURN, CROSS-POINT

&1-2 Step left slightly back, cross step right over left, step back on left making ¼ turn right
3&4 Triple ½ turn right stepping on right-left-right
5&6 Step forward on left, rock weight back onto right, ¼ turn left stepping left to left side
7-8 Cross step right over left, point left toe to left side (3:00 wall)

CROSS-¼ TURN, LOCK STEP FORWARD, STEP-½ TURN, SIDE ROCK & TOUCH

1-2 Cross step left over right, step back on right making ¼ turn left
3&4 Step forward on left, lock right behind left, step forward on left
5-6 Step forward on right, pivot ½ turn left
7&8 Step right to right side, rock weight onto left, touch right toe next to left (6:00 wall)

LOCK STEP FORWARD, MAMBO STEP, LOCK STEP BACK, MAMBO STEP

1&2 Step forward on right, lock left behind right, step forward on right
3&4 Step forward on left, rock weight back onto right, step back on left
5&6 Step back on right, lock left over in front of right, step back on right
7&8 Step back on left, rock weight forward onto right, step forward on left

STEP-¼ TURN, POINTS, CROSS SHUFFLE, SIDE-ROCK-CROSS

1-2 Step forward on right, pivot ¼ turn left
3-4 Point right toe over and across left, point right toe to right side (or flick to side)
5&6 Cross step right over left, small step left to left side, cross step right over left
7&8 Step left to left side, rock weight onto right, cross step left over right (3:00 wall)

SIDE-SLIDE, & CROSS-SIDE, ¼ TURNING COASTER STEP, LOCK STEP FORWARD

1-2 Step right to right side, slide left to touch next to right
&3-4 Step left slightly back, cross step right over left, step left to left side

5&6

¼ turn right stepping back on right, step left next to right, step forward on right

7&8

Step forward on left, lock right behind left, step forward on left

REPEAT
