

Bring It On

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa Strong (CAN)
音樂: Bring It On - Rosie Flores



FORWARD-ROCK-COASTER-CROSS-ROCK-¾ TURNING TRIPLE LEFT

- 1 Step right foot forward
- 2 Rock back onto left foot
- 3 Step right foot back
- & Step left foot beside right
- 4 Step right foot forward
- 5 Cross-step left foot in front of right
- 6 Rock back onto right foot
- 7 Step left foot forward as you turn ¼ left
- & Step right foot forward as you turn ¼ left
- 8 Step left foot forward as you turn ¼ left (completing ¾ turn) (3:00)

CROSS-BACK-BACK-CROSS-BACK-BACK-CROSS-BACK

These 8 counts move progressively back

- 9 Cross-step right foot in front of left
- 10 Step left foot back and slightly to the left
- 11 Step right foot back and slightly to the right
- 12 Cross-step left foot in front of right
- 13 Step right foot back and slightly to the right
- 14 Step left foot back and slightly to the left
- 15 Cross-step right foot in front of left
- 16 Step left foot back and slightly to the left

SWIVEL TOE-HEEL-TOE-¼ TURN LEFT-HEEL SNAP-BRUSH-FORWARD -¼ TURN LEFT

- 17 With weight on left, rotate right toe diagonally outward (traveling to the right)
- 18 Rotate right heel outward
- 19 Rotate right toe outward
- 20 Turn ¼ left on ball of right foot (leaning body back) (12:00)
- 21 Transfer weight forward onto left foot while snapping left heel down
- 22 Brush right foot forward
- 23 Step right foot forward
- 24 Pivot turn ¼ left on balls of both feet ending weighted left (9:00)

CROSS&CROSS-SIDE-½ TURN RIGHT-SIDE-TOGETHER-SIDE-BACK-ROCK

- 25 Cross-step right foot in front of left
- & Step ball of left foot slightly to the left side
- 26 Cross-step right foot in front of left
- 27 Step left foot directly to left side
- 28 Turn ½ right stepping right foot to right side (3:00)
- 29 Step left foot to left side
- & Step right foot beside left
- 30 Step left foot to left side
- 31 Step right foot back behind left
- 32 Rock forward onto left foot

REPEAT

