

# Bring It On

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK)  
音樂: Bring It On - The Deans



## 2 X WALKS FORWARD, RIGHT SHUFFLE FORWARD, FORWARD ROCK, LEFT SHUFFLE HALF TURN LEFT

1-2      Walk forward on right, walk forward on left  
3&4      Right shuffle forward stepping right, left, right  
5-6      Rock forward on left, rock back on right  
7&8      Left shuffle back turning ½ turn left stepping left, right, left, (facing 6:00)

## 2 X WALKS FORWARD, RIGHT SHUFFLE FORWARD, FORWARD ROCK, LEFT SHUFFLE HALF TURN LEFT

9-16      Repeat above counts 1-8, (now facing 12:00)

## CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, LEFT SAILOR QUARTER TURN LEFT

17-18      Cross rock right over left, rock back on left  
19&20      Step right to right side, close left beside right, step right to right side  
21-22      Cross step left over right, step right to right side  
23&24      Cross left behind right turning ¼ turn left, step right beside left, step slightly forward on left

## ROCKING CHAIR STEPS, STEP FORWARD, HALF TURN LEFT, RIGHT SHUFFLE BACK

25-28      Rock forward on right, rock back on left, rock back on right, rock forward on left, (facing 9:00)  
29-30      Step forward on right, on ball of right, turn ½ turn left stepping back on left  
31&32      Right shuffle back stepping right, left, right, (facing 3:00)

## BACK ROCK, LEFT KICK-BALL-CHANGE TWICE, STEP FORWARD, TOUCH AND CLAP

33-34      Rock back on left, rock forward on right  
35&36      Kick left foot forward, step ball of left beside right, step right in place  
37&38      Kick left foot forward, step ball of left beside right, step right in place  
39-40      Long step forward on left, touch right beside left and clap

## SIDE ROCK & STEP FORWARD (RIGHT & LEFT), FORWARD ROCK, RIGHT COASTER CROSS

41&42      Rock right to right side, recover weight on left, step forward on right  
43&44      Rock left to left side, recover weight on right, step forward on left  
45-46      Rock forward on right, rock back on left  
47&48      Step back on right, step left beside right, cross step right over left

Travel forward on counts 41-44

## SIDE STEP LEFT, SLIDE, LEFT CROSS SHUFFLE, SIDE STEP RIGHT, SLIDE, RIGHT CROSS SHUFFLE

49-50      Long step left to left side - pushing hips left, slide right beside left, (weight on right)  
51&52      Cross step left over right, step right to right side, cross step left over right  
53-54      Long step right to right side - pushing hips right, slide left beside right, (weight on left)  
55&56      Cross step right over left, step left to left side, cross step right over left

Optional arm movements: spread arms out to each side on counts 49-50 and 53-54

## FORWARD ROCK, LEFT SHUFFLE HALF TURN LEFT, RIGHT SHUFFLE HALF TURN LEFT, LEFT COASTER STEP

57-58      Rock forward on left, rock back on right  
59&60      Left shuffle back turning ½ turn left stepping left, right, left  
61&62      Right shuffle forward turning ½ turn left stepping right, left, right

63&64 Step back on left, step right beside left, step forward on left, (facing 3:00)

**REPEAT**

**ENDING**

Music ends during 7th repetition. To finish with the music, dance to count 14 (rock step forward). Then step back on left, spread arms out to each side & pose (ends facing 12:00 wall)

---