

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)
