

Build It

拍數: 32 牆數: 2 級數: Beginner
編舞者: Sammy J (UK)
音樂: Build Me Up Buttercup - Glenn Rogers



TRAVELING RIGHT: RIGHT KICK BALL CROSS TWICE, RIGHT CHASSE, LEFT BACK ROCK

1&2 Kick right out to right diagonal, step ball of right in place, cross left over right
3&4 Kick right out to right diagonal, step ball of right in place, cross left over right
5&6 Step right to right side, slide left beside right, step right to right side
7-8 Rock back on left, recover forward onto right

TRAVELING LEFT: LEFT KICK BALL CROSS TWICE, LEFT CHASSE, RIGHT BACK ROCK

1&2 Kick left out to left diagonal, step ball of left in place, cross right over left
3&4 Kick left out to left diagonal, step ball of left in place, cross right over left
5&6 Step left to left side, slide right beside left, step left to left side
7-8 Rock back on right, recover forward onto left

ROCK ¼ RIGHT, RIGHT SHUFFLE FORWARD, LEFT ROCK ¼ RIGHT, LEFT SHUFFLE FORWARD

Instead of a shuffle try a full turn traveling forward stepping right left right

1-2 Making ¼ right rock onto right, rock back on left
3&4 Step right forward, slide left beside right, step right forward
5-6 Rock out onto left foot, step right making ¼ right
7&8 Step forward left, slide right beside left, step forward left

JAZZ BOX WITH RIGHT EXTENDED CHASSE LEFT

1-2 Cross right over left, step back on left
3-4 Step right to right side, touch left beside right (weight remains on right)
5&6 Step left to left side, slide right in beside left, step left to left side
&7 Slide right in beside left, step left to left side
&8 Slide right in beside left, step left to left side

REPEAT
