

Blessing In Disguise

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Diana Dawson (UK)
音樂: Blessing in Disguise - Bryan Adams



HEEL, HOOK, HEEL, HOOK, FORWARD, HOOK, BACK, HOOK

1-2 Tap right heel forward, hook right up in front of left shin
3-4 Tap right heel forward, hook right up in front of left shin
5-6 Step forward on right foot, hook left up behind right leg
7-8 Step back on left foot, hook right up in front of left shin

½ TURN, HOOK, BACK, HOOK, FORWARD, LOCK, FORWARD

1-2 Make ½ turn right stepping forward on right foot, hook left up behind right (6:00)
3-4 Step back on left foot, hook right up in front of left shin
5-6-7-8 Step forward on right, lock left up behind right, step forward on right, hold

RUMBA BOX

1-2-3-4 Step left to left side, step right next to left, step forward on left, hold
5-6-7-8 Step right to right side, step left next to right, step back on right, hold

BACK LOCK, ½ TURN, HOOK, FORWARD LOCK, FORWARD

1-2 Step back on left foot, lock right over left
3-4 Step back on left making ½ turn right, hook right up in front of left shin (12:00)
5-6-7-8 Step forward on right, lock left up behind right, step forward on right, hold

SIDE, TOGETHER ¼ TURN, SHUFFLE FORWARD

1-2 Step left to left side, step right beside left
3-4 Step left to left side making ¼ turn left, hold (9:00)
5-6-7-8 Step forward on right, step left next to right, step forward on right, hold (9:00)

STEP, ½ TURN, STEP, RUN, RUN, RUN

1-2-3-4 Step forward on left, pivot ½ turn right, step forward on left, hold (3:00)
5-6-7-8 Run forward, stepping - right, left, right, hold (small steps, knees slightly bent)

FORWARD, TOUCH, BACK, TOUCH, BACK, LOCK, BACK

1-2 Step forward on left, touch right up behind left
3-4 Step back on right, touch left next to right
5-6-7-8 Step back on left, lock right over left, step back on left, hold

COASTER STEP, STEP, ½ TURN, STEP

1-2-3-4 Step back on right foot, step left next to right, step forward on right, hold
5-6-7-8 Step forward on left, pivot ½ turn right, step forward on left, hold (9:00)

REPEAT