Best Of My Love

拍數: 32

級數: Beginner

編舞者: Louis James Sequeira (SG)

音樂: Best of My Love - The Emotions

CROSS ROCK RECOVER, SIDE SHUFFLE TO RIGHT, BACK CROSS ROCK RECOVER, SIDE SHUFFLE TO LEFT

- 1-2 Step right across left and rock diagonally forward, recover weight on left
- 3&4 Side shuffle right step side right, close left beside right, step side right
- 5-6 Back rock on left with left cross behind right, recover on right
- 7&8 Side shuffle to left step side left, close right beside left, step side left

SHOOP SHOOP

- 1-4 Step right forward to right diagonal, step left close to right, step right foot forward to right diagonal, touch left beside right & clap hands (optional) (with both arms locked to waist at 1/4 turn, hands into fists, swing arms and fist when executing diagonal)
- 5-8 Step left forward to left diagonal, step right close to left, step left foot forward to left diagonal, touch right beside left & clap hands (optional) (with both arms locked to waist at ¼ turn, hands into fists, swing arms and fist when executing diagonal)

FULL TURN RIGHT, TOUCH CLAP, FULL TURN LEFT, TOUCH CLAP

- 1-4 Full turn to right stepping right-left-right, touch left next to right & clap
- 5-8 Full turn to left-stepping left-right-left, touch right next to left & clap

PIVOT QUARTER LEFT TURN, RIGHT KICK BALL CHANGES WALK WALK

- 1-2 Pivot ¼ turn to the left -step right forward, quarter left turn transferring weight onto left
- 3&4 Kick right forward, step right beside left, step left in place
- 5&6 Kick right forward, step right beside left, step left in place
- 7-8 Step right forward, step left forward

REPEAT





湄

牆數:4