

Aphrodisiac

拍數: 32 牆數: 4 級數: Improver
編舞者: Michelle Denney (UK)
音樂: My Aphrodisiac Is You - Katie Melua



WALKING, SHUFFLE, MAMBO, UNWIND

- 1-2 Step right foot forward. Step left foot forward
- 3&4 Step right foot forward, place left foot next to right, step right foot forward
- 5&6 Step left foot forward, replace back onto right foot, step left foot back
- 7-8 Cross right foot behind left foot and unwind $\frac{1}{2}$ turn (turning right)

SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, BEHIND, SIDE, CROSS

- 1-2 Step left foot to left side, replace weight back onto right foot
- 3&4 Step left foot behind right, step right foot to right side, step left foot across right foot
- 5-6 Step right foot to right side, replace weight back onto left foot
- 7&8 Step right foot behind left, step left foot to left side, step right foot across left foot

CROSS BACK, COASTER, SHUFFLES

- 1-2 Step left foot across right foot turning $\frac{1}{4}$ left, step right foot back
- 3&4 Step left foot back, step right foot next to left, step left foot forward
- 5&6 Step right foot forward, place left foot next to right, step right foot forward
- 7&8 Step left foot forward, place right foot next to left, step left foot forward

ROCK STEP, $\frac{1}{2}$ TURN SHUFFLE, ROCK STEP, CROSS BEHIND, HEEL JACK

- 1-2 Step right foot forward, replace weight back onto left foot
- 3&4 Step right $\frac{1}{4}$ turn right, step left next to right, step right forward turning $\frac{1}{4}$ turn right
- 5-6 Step left foot forward, replace weight back onto right foot
- 7& Step left behind right, step right to right side
- 8& Dig left heel diagonally forward, replace weight back onto left

REPEAT
