

Appreciation

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK)
音樂: The Baby - Blake Shelton



ROCK FORWARD, RECOVER, (HOOK), LEFT SHUFFLE FORWARD

1-2 Rock forward on left foot, recover weight back onto right foot
& Hook left foot over right ankle
3&4 Left shuffle forward

½ TURN SWEEP, STEP FORWARD; LEFT FORWARD OPEN MAMBO

5 Turn ½ left on ball of left foot, sweeping right foot around
6 Step forward on right foot
7&8 Rock forward on left foot, recover weight back onto right foot, step back on left foot

ROCK BACK, RECOVER, & ¼ TURN, ROCK BACK, CROSS-TOUCH

1-2 Rock back on right foot, recover weight onto left foot
& Step forward on right foot turning ¼ left
3-4 Rock back on left foot, cross-touch right foot over left

RIGHT SHUFFLE FORWARD; ROCK FORWARD, RECOVER

5&6 Right shuffle forward
7-8 Rock forward on left foot, recover weight back onto right foot

¾ TRIPLE TURN, SWITCH RIGHT THEN LEFT

1&2 Triple-step ¾ turn over left shoulder, traveling slightly back, stepping on left-right-left
3&4 Point right foot out to right side, step on right foot beside left, point left foot out to left side

CROSS, ¼ TURN, SIDE; CROSS-SHUFFLE

5&6 Cross-step left foot over right, turn ¼ left stepping back on right foot, step to left on left foot
7&8 Cross-step right foot over left, step to left on left foot, cross-step right foot over left

SWAY LEFT THEN RIGHT, SYNCOPATED WEAVE WITH TOUCH

1-2 Rock to left on left foot (swaying hips to left), recover weight onto right foot (sway hips to right)
3&4 Cross-step left foot behind right, step to right on right foot, cross-step left foot over right
&5 Step to right on right foot, touch left foot beside right

¼ TURN; STEP FORWARD, ½ TURN, ¼ TURN STEP

6 Turn ¼ left, stepping forward onto left foot
7&8 Step forward on right foot, pivot ½ turn to left, turn another ¼ left stepping forward onto right foot

REPEAT