

As

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Abbi-Rose Cliff
音樂: As - Michael Bolton



Sequence: A, A to 20, Tag, B, A to 20, Tag, B, A, A to 20, carry on dancing B, using Part C instead of Section 4 in Part B, until end of track

PART A (VERSE)

CROSS ROCK, TRIPLE FULL TURN, RIGHT ROCK, FULL TURN RIGHT

1-2 Cross rock left over right, rock back on to right
3&4 Triple full turn left on left right left
5-6 Rock to right side on right, rock onto left in place
7&8 Full turn to right on right left right

CROSS ROCK, SIDE CLOSE SIDE, CROSS ROCK, SIDE CLOSE ¼ TURN

1-2 Cross rock left over right, rock back on to right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Cross rock right over left, rock back onto left
7&8 Step right to right side, close left beside right, step right ¼ turn right

FORWARD ROCK, TRIPLE FULL TURN, RIGHT ROCK, CROSS SHUFFLE

1-2 Forward rock on left, rock back on to right
3&4 Triple full turn left on left right left
5-6 Rock to right side on right, rock onto left in place
7&8 Cross right over left, step left to left side, cross right over left

FORWARD ROCK, COASTER STEP TWICE

1-2 Rock forward on left, rock back onto right
3&4 Step back on left, step right beside left, step forward left
5-6 Rock forward on right, rock back onto left
7&8 Step back on right, step left beside right, step forward right

PART B (CHORUS)

FORWARD AND BUMP X 4

1&2 Touch forward right, bumping hips diagonally forward right twice taking weight onto right)
3&4 Touch forward left, bumping hips diagonally forward left twice taking weight onto left
5-8 Repeat Part B section 1 steps 1-4

FORWARD ROCK, SHUFFLE ½ TURN, FORWARD LEFT SHUFFLE, FORWARD RIGHT SHUFFLE

1-2 Rock forward on left, rock back onto right
3&4 ½ turn shuffle right on right left right
5&6 Step forward left, lock right behind left, step forward left
7&8 Step back right, lock left in front of right, step back right

DIAGONAL HEEL DROPS X 4 (TRAVELING FORWARD)

1&2 Step left toes diagonally forward left, drop left heel ½ way to floor and raise again, drop heel to floor
3&4 Step right toes diagonally forward right, drop right heel ½ way to floor and raise again, drop heel to floor
5-8 Repeat steps 1-4

FORWARD ROCK, COASTER STEP, FORWARD ROCK, SHUFFLE ½ TURN

- 1-2 Rock forward on left, rock back onto right
- 3&4 Step back on left, step right beside left, step forward left
- 5-6 Rock forward on right, rock back onto left
- 7&8 ½ turn shuffle right on right left right

PART C

Part C is danced instead of Section 4 in part B, towards the end of the track

FORWARD ROCK, COASTER STEP, FORWARD ROCK, ½ TURN RIGHT, STEP LEFT

- 1-2 Rock forward on left, rock back onto right
- 3&4 Step back on left, step right beside left, step forward left
- 5-6 Rock forward on right, rock back onto left
- 7-8 ½ right stepping forward on right, Step left in place

TAG

This tag is danced after count 20 of A, (before starting B)

FORWARD ROCK, COASTER STEP TWICE

- 1-2 Rock forward on right, rock back onto left
 - 3&4 Step back on right, step left beside right, step forward right
 - 5-6 Rock forward on left, rock back onto right
 - 7&8 Step back on left, step right beside left, step forward left
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