

Automatic

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK)
音樂: Automatic - Sarah Whatmore



WALK WALK, HIP BUMPS, KICK & POINT & HEEL HITCH TOUCH

1-2 Walk forward right, left
3&4 Touch right toe slightly forward as you bump hips right-left-right
5&6& Kick right forward, step right next to left, touch left toe to left side, step left next to right
7&8 Touch right heel diagonally forward right, hitch right knee, touch right heel diagonally forward right

& CROSS, SIDE, BACK, SPLIT HEELS, COASTER STEP, STEP ¼ TURN CROSS

&1-2 Step right next to left, cross step left over right, step right to right side
3&4 Step back on left, with weight on toes split heels, bring heels back to center
5&6 Step back on right, step left next to right, step forward on right
7&8 Step forward on left, step on right making ¼ turn right, cross step left over right

¾ MONTEREY, KICK & CROSS, ROCK ¼ TURN, FULL TRIPLE TURN FORWARD

1-2 Touch right to right side, turn ¾ to right stepping right next to left
3&4 Kick left forward diagonally left, step left next to right, cross step right over left
5-6 Rock left to left side, make ¼ turn right stepping forward right
7&8 Make ½ turn right stepping back on left, make ½ turn right stepping forward right, step forward on left (7&8 travel forward; alt' left shuffle)

MAMBO STEP, SAILOR ¼ TURN, BEHIND & CROSS, SIDE STEP, TOUCH

1&2 Rock forward on right, recover on left, step right next to left
3&4 Step left behind right, make ¼ turn to left stepping right to side, step left next to right
5&6 Step right behind left, step left to left side, cross step right over left
7-8 Big step to left on left, slide right to touch next to left

TOE SWITCHES, STEP SLIDE & CROSS ROCK, ROLL RIGHT

1&2 Touch right toe to right side, step right next to left, touch left toe to side
&3-4 Step left next to right, take big step to right on right, slide left to touch by right
&5-6 Step left next to right, cross rock right over left, recover on left
7&8 Turn ¼ right stepping forward right, ½ right stepping back on left, ¼ right stepping right to right side

7&8 is a quick roll to right side. Alternative is right chasse

CROSS ROCK SIDE, CROSS & HEEL & CROSS UNWIND ¾, COASTER STEP & STEP

1&2 Cross rock left over right, recover on right, step left to left side
3&4 Cross step right over left, step back on left, touch right heel forward diagonal right
&5-6 Step right to right side, cross left over right, unwind ¾ turn right (weight on left)
7&8& Step back on right, step left next to right, step forward on right, step forward on left

REPEAT