What's Left Of Me

拍數: 32

級數: Intermediate

編舞者: Josie Lim (MY) - September 2007

音樂: What's Left of Me - Nick Lachey

Intro: 16 counts

Sequence: #30, 32, ##8, #30, 32, 32, 32, 32, 32, 26 You will end facing 12:00

R FWD, BRUSH FWD L, BRUSH BACK L, ½ L TURN-HOOK, CROSS STEP, SIDE ROCK, WEAVE

- Step fwd on R, brush fwd L, brush L back 1, 2, 3,
- 4 Turn 1/2 L on heel of R ? hitch and hook slightly L over R shin [6:00]
- 5 Step L across R
- 6& R side rock, recover on L
- Step R behind L, step L to L, cross R over L 7&8

Restart here during the 3rd Wall: Add ?&? step L to R (you will be facing 12:00)

BALL CROSS, LONG L TO L, BALL CROSS, LONG R TO R, CLOSE, POINT R, CROSS R OVER L, UNWIND ¾ L, SWEEP L

- &1, 2 Step ball of L to side L, Cross R over L, take a long step L to L
- &3,4 Slide R to L, cross L over R, take a long step R to R
- &5 Close L to R, Point R toe to R,
- Cross R over L 6
- 7.8 Unwind ³/₄ L (wt. end on R), sweep L from front to behind R (no wt.) [9:00]

STEP L BEHIND, ¼ R, L ANCHOR STEP, PRISSY WALK FWD, STEP, PIVOT ½ L, STEP FWD

- 1, 2 Step on L behind R, turn ¼ R step fwd R [12:00]
- 3&4 Step ball of L behind R heel, step R in place, step L back
- 5,6 Prissy walk fwd on R, L
- Step fwd on R, pivot 1/2 L, step fwd on R [6:00] 7&8

SWAY L-R, FWD SHUFFLE, ¼ L SWAY R-L, BACK ROCK, RECOVER

- 1, 2 Sway L on L, sway R
- 3&4 Shuffle fwd on L-R-L
- Turn ¼ L on ball of L ? Sway R, sway L [3:00] 5,6

Restart here during 1st and 4th Wall (both facing 3:00)

R back rock, recover onto L 7,8

RESTART





牆數:4