

About You

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Kris Holmes (UK)
音樂: All About You - McFly



KICK BALL STEP, ROCK FORWARD, SHUFFLE BACK, LEFT COASTER STEP, 12:00

1&2 Right foot kick, step back on ball of right foot, step on left in place
3-4 Rock forward on right foot, weight replace on left
5&6 Step back on right close left beside right step back right
7&8 Step left back, step right beside left, step left forward

POINT CROSS, POINT STEP, JAZZ BOX QUARTER TURN, CHASSE RIGHT, 3:00

1-2 Point right toe to right side, cross right foot across left foot
3-4 Point left toe to left side, step left foot forward
5-6 Cross right foot across left turn quarter turn to right, step back on left
7&8 Step right-to-right side, step left beside right, step right to right side

WEAVE RIGHT, CROSS ROCK, CHASSE LEFT

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

WEAVE LEFT, CROSS ROCK, RIGHT COASTER STEP

1-2 Cross right foot across left, step left to left side
3-4 Step right foot behind left foot, step left foot to left side
5-6 Rock right foot across left, replace weight back on left
7&8 Step right back, step left beside right, step right foot forward

STEP PIVOT HALF TURN, SHUFFLE, FULL TURN, ROCK, 9:00

1-2 Step left foot forward, half right turn step right forward
3&4 Step left forward, step right beside left, step left forward
5-6 Full turn left stepping right foot then left foot
7-8 Rock forward on right foot, replace weight on left

SHUFFLE BACK, LEFT COASTER STEP, QUARTER TURN STEP TOUCH, STEP TOUCH, 6:00

1&2 Step back on right foot, step left beside right step back on right
3&4 Step back on left, step right beside left, step left foot forward
5-6 Step quarter turn left, right foot to side touch left beside right
7-8 Step left foot to left side, touch right foot beside left foot, start again

REPEAT

Keep dancing when music slows on end 5th wall beat will kick in again

ENDING

On last wall music slows right down. Slow dance on jazz box, chasse, & weave, cross left foot over right unwind three quarter turn to right to face front