Win Or Lose

拍數: 64

級數: Intermediate

編舞者: Jill Baker (CAN) - June 2007

音樂: Heads You Win, Tails I Lose - The Dean Brothers

SIDE HOLD, ROCK STEP, SIDE HOLD ROCK STEP

- 1-4 Step right to side, hold, rock left behind right, recover to right
- 5-8 Step left to side, hold, rock right behind left, recover to left

MODIFIED SAILORS, HOLD

- 1-4 Step right to side, cross left behind right, step right to side, step left to side
- 5-8 Cross right behind left, step left to side, step right slightly forward, hold

STEP LOCK STEP, HOLD, ROCK RECOVER, TURN ½ STEP

- 1-4 Step left forward, lock right behind left, step left forward, hold
- 5-8 Rock right forward, recover to left, turn 1/2 right (weight to right), hold

WALKS HOLDS

- 1-4 Step left forward, hold, step right forward, hold
- 5-8 Step left forward, step right forward, step left forward, hold

VINE, STEP TOUCH, STEP KICK

- 1-4 Step right to side, cross left behind right, step right to side, touch left together
- 5-8 Step left slightly forward, touch right toe back, drop right heel, kick left forward

STEP KICK, ROCK RECOVER, 1/2 HOLD

- Step left together, kick right forward, rock right back, recover to left 1-4
- 5-8 Step right forward, hold, turn 1/2 left (weight to left), hold

VINE, STEP TOUCH, STEP KICK

- 1-4 Step right to side, cross left behind right, step right to side, touch left together
- 5-8 Step left slightly forward, touch right toe back, drop right heel, kick left forward

STEP KICK, ROCK RECOVER, TURN ½ HOLD

- 1-4 Step left in place, kick right forward, rock right back, recover to left
- 5-8 Step right forward, hold, step 1/2 left (weight to left), hold

REPEAT





牆數: 2