

Besa Me

拍數: 64 牆數: 4 級數: Improver
編舞者: Linedance 'n' Smile - February 2008
音樂: Kiss Me, Kiss Me - Hot Banditoz



Walk x 3, Point, Walk x 2, Coaster step

1-4 Walk right, left right, and point out with left to left
5-6 Walk backwards left, right
7&8 Left coaster step. Step back left, step right beside left, step forward left.

Heels switches with hold and Clap twice, Hip Bumps x 2

1&2 Touch right heel forward, step right foot next to left and touch left heel forward
&3,4 Step left foot next to right and touch right heel forward, hold and clap twice
5-8 Hip bumps forward twice and back twice

Lockstep back, Coaster Step, Shuffle 1/2 turn left, Coaster Step

1&2 Right lockstep back. Step right back, lock left across right, step right back
3&4 Left coaster step. Step back left, step right beside left, step forward left.
5&6 Shuffle step forward making 1/2 turn left, stepping - right, left, right
7&8 Left coaster step. Step back left, step right beside left, step forward left.

Step together, Chasse, Cross Rock, Chasse ¼ turn left

1-2 Step right to right side and step left beside right.
3&4 Chasse right. Step right to right side, close left beside right, step right to right side.
5-6 Rock left over right, recover onto right.
7&8 Chasse left. Step left to left side, close right beside left, step left forward making ¼ turn left.

Step together, Chasse, Cross Rock, Chasse ¼ turn left

1-2 Step right to right side and step left beside right.
3&4 Chasse right. Step right to right side, close left beside right, step right to right side.
5-6 Rock left over right, recover onto right.
7&8 Chasse left. Step left to left side, close right beside left, step left forward making ¼ turn left

Heels switches with hold and Clap twice, Hip Bumps x 2

1&2 Touch right heel forward, step right foot next to left and touch left heel forward
&3,4 Step left foot next to right and touch right heel forward, hold and clap twice
5-8 Hip bumps forward twice and back twice

Chasse x 4 (¾ turn left)

1&2 Chasse right. Step right to right side, close left beside right, step right to right side.
3&4 Chasse left. Turn ¼ to left and step left to left side, close right beside left, step left to left side.
5&6 Chasse right. Turn ¼ to left and step right to right side, close left beside right, step right to right side.
7&8 Chasse left. Turn ¼ to left and step left to left side, close right beside left, step left to left side.

Rock step, Kickball step, Rocking Chair

1-2 Rock back on right, recover onto left
3&4 Kick right forward. Step right beside left. Step forward with left.
5-8 Rock forward on right. Rock back onto left. Rock back on right. Rock forward onto left.