She's No You

拍數: 32

級數: Intermediate

編舞者: Ryan Wareing (UK) - March 2008

音樂: Come to Me - Jesse McCartney : (Album: Beautiful Soul)

(16 Count Intro), weight on right foot

Rock back, recover, side, rock back, recover, step ¾ sway, sway, sailor step, cross	
1&2	Rock back on left foot, recover weight on to right foot, step left to left side.
3&4	Rock back on right foot, recover weight on to left foot, step right foot forward.
&	Turn ¾ over left shoulder (transfer weight to left, turn is on the spot, 3 o'clock).
5,6	step right foot to right side in to a sway to the right, sway left.
7&8	Step right foot behind left, step left foot to left side, step right foot to right side.
(Option – you can do a sailor full turn. I find it is nice when you do this on the chorus)	
&	Cross left foot over right foot.
Side, rock recover ¼, mambo step, coaster step, step, full turn, sweep	
1	Step right foot to the right side.
2&3	Rock back on your left foot, recover weight on to right foot, Step forward on left foot making a ¼ turn over your left shoulder. (12 o'clock)
4&5	Rock forward on the right foot, recover weight on left foot, Step right foot next to left foot.
6&7	Step back on your left foot, step back on your right foot, step forward on your left foot.
8&1	Step right foot forward (prep), ½ turn over your right shoulder stepping back on your left foot, ½ turn over your right shoulder stepping right foot forwards. (starting to sweep your left foot
	over ready for the next step.)
RESTART! – On 4th Wall here – miss the 8&1 and on count 8, step right to the side.	
Cross, behind 1/8, side, behind, side 1/8, sway, sway, behind sweep, behind, side	
2&3	Cross left foot over right foot, step back on right foot 1/8 of a turn over your left shoulder, step left to left side. (Still in the corner.)
4&	Step right foot behind left, 1/8 of a turn over your left shoulder stepping left foot to left side. (9 o'clock)
5	Sway right
6	Sway left
7	Step right foot behind left foot. (Left foot starts to sweep from front to behind)
8&	Step left foot behind right foot, step right foot to right side.
Cross, Cross, Step, Mambo ½, Side rock, recover, cross, side, behind, side	
1	Cross left foot over right foot.
2	Bring right foot round and cross over left foot.
3	Bring left foot round and step forward on it.
4&5	Rock forward on your right foot, recover weight on to left foot, 1/2 turn over right shoulder
	stepping forward on your right.
6&7	Rock left foot to the left side, recover weight on to right foot, cross left foot over right foot.
&8&	Step right foot to right side, Step left foot behind right, step right foot to right side.
(Option – you can do a full turn to finish. I find it is nice when you do this on the chorus)	
& 8 &	$\frac{1}{4}$ turn over left shoulder step back on your right, $\frac{1}{2}$ turn over left forward on left foot, $\frac{1}{4}$ turn over left shoulder step right to right side.

Start Again



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牆數:4