Read My Mind

級數: Improver

編舞者: Sebastiaan Holtland (NL) - March 2008

牆數:4

音樂: Read My Mind - Sweetbox

(16 count intro) when the beat starts

KICK & ROCK / RECOVER, KICK & POINT, 1/2 SAILOR CROSS, FULL SWEEP TURN 1&2& Kicking forward on Rf, stepping Rf back in place, rock Lf to the left side, recover on Rf weight onto Rf (12:00) 3&4 Kicking slightly forward on Lf, stepping Lf back in place forward, and point Rf to the right side weight onto Lf (12:00) 5&6 Step Rf behind Lf, turn 1/2 left and step Lf to the left side, step Rf across Lf weight onto both feet (6:00) 7-8 Turning full onto both feet, and sweep your Lf from front to back take weight onto Rf (6:00) SAILOR CROSS, ROCK / RECOVER, STEP BACK, 1/4 L STEP FWD, STEP FWD, MAMBO STEP 1&2 Step Lf behind Rf, step Rf to the right side, step Lf across Rf take Weight onto Lf (6:00) 3-4 Rock forward on Rf on diagonal, recover on Lf Step back on Rf, turn 1/4 left and stepping forward on Lf, stepping forward on Rf weight onto 5&6 Rf (3:00) 7&8 Mambo forward on Lf, recover on Rf, step Lf next to Rf take weight onto Rf (3:00) SIDE 1/4 TURN L, TOUCH FWD, PLACE, 3/4 TRACE TURN, POINT, 2X SAILOR STEP 1-2& Step Rf to the right side, turn 1/4 left and touch Lf forward, step Lf back in place take weight onto Lf (12:00) Step Rf next to Lf and turn 3/4 left on Lf and holding R toe next to Lf, point Rf out to the right 3-4 side on count 20 holding weight onto Lf (3:00) 5&6 Step Rf behind Lf, step Lf to left side, step Rf to the right side weight onto Rf 7-8 Step Lf behind Rf, step Rf to the right side, step Lf to the left side weight onto Lf (3:00) PUSH STEP FWD, SWEEP TURN R, SAILOR CROSS, TOES RISE 1/2 TURN L, LOCK STEP FWD Push Rf forward, recover on Lf, and sweeping your Rf from front to back holding weight onto 1-2 Lf 3&4 Step Rf behind Lf, step Lf to the left side, step Rf across Lf take weight onto both feet Rise both toes up, turn 1/2 left on both toes (9:00) 5-6 7&8 Stepping forward on Lf, lock Rf behind Lf, stepping Lf forward weight onto Lf (9:00)

REPEAT THE DANCE AND HAVE FUN!!





拍數: 32