

Keep S Get' In Better

拍數: 56 牆數: 4 級數: Improver
編舞者: Wanda Heldt (AUS) - March 2008
音樂: After All - Joni Harms



Or Music: American Thighs by ACDC

[when doing section.1 & 3 'Have a a bit of 'FUN' by playing Air Guitar when dancing to ACDC]

(1) KICK, KICK, ROCK, RECOVER - REPEAT Last 4 Counts

1- 4 Double Kick Right forward, Rock back on Right, Recover on Left
5- 8 Double Kick Right forward, Rock back on Right, Recover on Left

(2) RIGHT VINE, CROSS, SIDE, RECOVER, TOE, HEEL

1 - 4 Step Right, Step Left behind, Step Right, Cross Left over Right
5 - 6 Rock Right, Recover on Left, Right Toe, Heel. slightly forward

(3) KICK, KICK, ROCK, RECOVER - REPEAT Last 4 Counts

1 - 4 Double Kick Left forward, Rock on Left, Recover on Right
5 - 8 Double Kick Left forward, Rock on Left, Recover on Right

(4) LEFT VINE, CROSS, SIDE RECOVER, TOE, HEEL

1 - 4 Step left, Step Right Behind, Step Left, Cross Right over Left
5 - 6 Rock Left, Recover on Right, Left Toe, Heel. slightly forward

(5) BACK, RECOVER, SHUFFLE 1/2 TURN LEFT, L & R SHUFFLES BACK

1 - 2 Rock back on Right, Recover on Left
3&4 Shuffle back R.L.R
5&6 Shuffle back L.R.L
6&8 Shuffle back R.L.R (6)

(6) TOUCH, CROSS, POINT, TOUCH, HOLD

1 - 2 Touch Left, Cross Step Behind Right
3 - 4 Touch Right, Cross Step behind Left
5 - 6 Touch Left, Cross Step Behind Right
7 - 8 Touch Right to Right Side, Hold [Wt.on L]

(7) CROSS, RECOVER, SIDE SHUFFLE, CROSS, RECOVER 1/4 TURN LEFT SHUFFLE FORWARD

1 - 2 Cross Right over Left, Recover on Left,
3&4 Side Shuffle R.L.R
5 - 6 Cross Left over Right, Recover on Left Turn 1/4 Left
7&8 Shuffle forward L.R.L (3)

REPEAT: HAVE FUN - NO MATTER

Thank you Linda, for all your Help & Encouragement.