

拍數: 64 牆數: 4 級數: Improver
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音樂: Sweet About Me - Gabriella Cilmi



TOE STRUTS 2, SIDE SHUFFLE, ROCK BACK RECOVER

1-2 Touch right to right (1), step right down(2)
3-4 Cross touch left over right (3), step left down (4)
5&6 Step right to right (5), step left beside right (&), step right to right (6)
7-8 Rock left back (7), recover weigh onto right (8)

STEP FORWARD FAN, STEP FORWARD FAN

1-4 Step left forward (1), twist left foot out to left (2), twist left in (3), twist left to centre (4)
5-8 Step right forward (5), twist right feet out to right (6), twist right in (7), twist right to centre (8)

FORWARD SHUFFLE PIVOT ½ TURN, FORWARD SHUFFLE PIVOT ½ TUR N

1&2 Step forward left (1), step right beside left (&), step forward left (2)
3-4 Step forward right (3), pivot ½ turn left (4) (weight on left)
5&6 Step forward right (5), step left beside right (&), step forward right (6)
7-8 Step left forward (7), pivot ½ turn right (8) (weight on right)

DOUBLE HEEL 2, HEEL SWITCHES CLAP

1-4& Touch left heel forward twice (1-2), step left beside right (&), Touch right heel forward twice (3-4), step right beside left (&)
5&-6& Touch left heel forward (5), step left together (&), Touch right heel forward (6), step right together (&)
7-8 Touch left forward (7), Clap (8)

LOCK STEP FORWARD SCUFF, STEP TURN TOUCH , CLAP

1-4 Step left forward (1), lock right behind left (2), step left forward (3), scuff right forward (4)
5-8 Step right forward (5), turn ½ turn left (6), touch right beside left (7), clap (8)

DOUBLE HIP BUMP RIGHT, DOUBLE HIP BUMP LEFT, HIP BUMPS

1-4 Bump hip to right twice (1-2), Bump hip to left twice (3-4)
5-8 Bump hip right (5), left (6), right (7), left (8)

TOE STRUTS, PIVOT ½ TURN, TOE STRUTS PIVOT ½ TURN

1-2 Touch right toe forward (1), step right heel down (2)
3-4 Step left forward(3), pivot ½ turn right (4) (weight on right)
5-6 Touch left toe forward (5), step left heel down (6)
7-8 Step right forward (7), pivot ½ turn left (8) (weight on left)

JAZZ BOX, HEEL TWIST

1-2 Cross right over left (1), step left slightly back(2)
3-4 Step right to right (3), step left beside right (4)
5-8 Twist feet to right (5), twist back to centre (6), twist to right (7), twist to centre(8)

Start Again