Dance...The Devil or Me?



拍數: 64 牆數: 2 級數: Improver

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音樂: Dance With Me - Michael Bolton: (CD: Only A Woman Like You)



INTRODUCTION: 32 Beats

TALIALI 9 TALIALI 9	R TOUCH, HOLD, BEHIND,	FILL TIDAL	CIDE DOOK ACDOOC
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1 &	TOUCH R TOE FORWARD, STEP R TOGETHER,
2 &	TOUCH L TOE FORWARD, STEP L TOGETHER,

- 3, 4 TOUCH R TOE TO THE SIDE, HOLD,
- 5, 6 TOUCH R TOE BEHIND LEFT, TURN 360 DEGREES RIGHT TAKE WEIGHT ON R,
 7 & 8 STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L ACROSS IN FRONT OF RIGHT.

SIDE, HOLD, KICK, KICK, BEHIND-SIDE-ACROSS, HIP, HIP

1, 2 BIG STEP R TO THE SIDE, H

- 3, 4 KICK L ACROSS IN FRONT OF RIGHT, KICK L AT 45 DEGREES LEFT,
- 5 & 6 STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT,
- 7, 8 STEP R TO THE SIDE PUSH HIPS RIGHT, PUSH HIPS LEFT.

BEHIND-SIDE-ACROSS. HIP, HIP 1/4 HOOK, SHUFFLE FORWARD, PIVOT TURN

- 1 & 2 STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT,
- 3 STEP L TO THE SIDE PUSH HIPS LEFT,
- 4 PUSH HIPS RIGHT TURNING 90 DEGREES LEFT HOOK L HEEL TO RIGHT SHIN,
- 5 & 6 SHUFFLE FORWARD STEP: L-R-L.
- 7, 8 PIVOT: STEP R FORWARD, TURN 180 DEGREES LEFT TAKE WEIGHT ONTO L.

STEP-LOCK-STEP-LOCK-STEP, PIVOT TURN, 1/4 TURN SIDE SHUFFLE

- 1 & STEP R FORWARD, LOCK L BEHIND RIGHT,
- 2 & STEP R FORWARD, LOCK L BEHIND RIGHT,
- 3 & 4 STEP R FORWARD, LOCK L BEHIND RIGHT, STEP R FORWARD, 5, 6 PIVOT: STEP L FORWARD, TURN 180 DEGREES RIGHT TAKE WEIGHT ONTO R.
- 7 & 8 TURN 90 DEGREES RIGHT SIDE SHUFFLE TO THE LEFT STEP : L-R-L.

BACK, ROCK, SHUFFLE FORWARD, ROCKING CHAIR

1. 2	STEP R BACK, RC	OCK FORWARD ONTO L.
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- 3 & 4 SHUFFLE FORWARD STEP : R-L-R,
- 5, 6 ROCKING CHAIR: STEP L FORWARD, ROCK BACK ONTO R,
- 7, 8 STEP L BACK, ROCK FORWARD ONTO R.

PIVOT TURN, SHUFFLE FORWARD, MAMBO FORWARD, MAMBO BACK

- 1, 2 PIVOT : STEP L FORWARD, TURN 180 DEGREES RIGHT TAKE WEIGHT ONTO R,
- 3,& 4 SHUFFLE FORWARD STEP: L-R-L,
- 5 & 6 MAMBO: STEP R FORWARD, ROCK BACK ONTO L, STEP R TOGETHER,
- 7 & 8 ## MAMBO : STEP L BACK, ROCK FORWARD ONTO R, STEP L FORWARD.

TOE-HEEL-ACROSS, TOE-HEEL-ACROSS, BACK-LOCK-BACK, COASTER STEP

- 1 & TOUCH R TOE TOGETHER, TOUCH R HEEL TOGETHER,
- 2 STEP R ACROSS IN FRONT OF LEFT,
- 3 & TOUCH L TOE TOGETHER, TOUCH L HEEL TOGETHER,
- 4 STEP L ACROSS IN FRONT OF RIGHT,
- 5 & 6 STEP R BACK, LOCK L ACROSS IN FRONT OF RIGHT, STEP R BACK,

7 & 8 COASTER: STEP L BACK, STEP R TOGETHER, STEP L FORWARD.

FORWARD & BACK & SIDE & TOUCH, SIDE, HOLD, STOMP, CLAP-CLAP

1 &	STEP R FORWARD LIFTING L HEEL, STEP BACK ONTO L,
2 &	STEP R BACK LIFTING L HEEL, STEP FORWARD ONTO L,
3 &	STEP R TO THE SIDE LIFTING L HEEL, SIDE STEP ONTO L
4	TOUCH R TOE BEHIND LEFT,
5, 6	BIG STEP R TO THE SIDE, HOLD,
7 & 8	STOMP L TOGETHER, CLAP, CLAP

REPEAT THE DANCE IN NEW DIRECTION

RESTARTS: On WALL 1 & WALL 3 dance to BEAT 48 (##) and restart to the BACK each time.