

50 & Beautiful

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Johnny Two-Step (UK) - June 2008
音樂: We're Young and Beautiful - Carrie Underwood



KICK STEP POINT X2 STEP BACK BACK COASTER STEP

1&2 Kick right foot forward step on to right foot point left toe to left side
3&4 Kick left foot forward step on left foot point right toe to right side
5-6 Step back on right foot step back on left foot
7&8 Step back on right foot step left next to right step forward on right

KICK STEP POINT X2 STEP BACK BACK COASTER STEP

1&2 Kick left foot forward step on left point right toe to right side
3&4 Kick right foot forward step on right point left toe to left side
5-6 Step back on left step back on right foot
7&8 Step back on left step right next to left step forward on left

SIDE ROCK FULL TURN ROCK COASTER STEP

1-2 Rock out to right side back on to left foot
3&4 Make full turn over right stepping right left right
5-6 Rock forward on left foot back on right
7&8 Step back on left step right next to left step forward on left

KICKBALL CROSS X2 ROCK SIDE ¾ TURN RIGHT

1&2 Kick right foot forward step on to ball of foot cross left over right foot
3&4 Kick right foot forward step on to ball of foot cross left over right foot
5-6 Rock right out to right side back on to left foot
7& Make a ¾ turn over right stepping right left right

KICKBALL CROSS X2 ROCK SIDE ¾ TURN LEFT

1&2 Kick left foot forward step on ball of left foot cross right over left foot
3&4 Kick left foot forward step on ball of left foot cross right over left foot
5-6 Rock left out to left side back on to right foot
7&8 Make a ¾ turn over left stepping left right left

Restart Here at end of wall 3 and 5

SIDE ROCK CROSS BEHIND SIDE CROSS ROCK ¼ SAILOR STEP

1-2 Rock right out to right side back on to left
3&4 Cross right behind left step left to left side cross right over left
5-6 Rock left to left side back on to right foot
7&8 Make a ¼ turn sailor step left cross left behind right ¼ turn left on right foot step left Forward

START

Choreographer's Note: This dance was choreographed for Max Johnny and James ?? Birthday