Right On Sync



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - August 2008

音樂: Bring It On - Leon Jean-Marie: (CD: Single)



Start on the vocals 32 counts in

(1-8) Forward Rt, Lt, Lock Step Back, Full Turn, 1/4 Turn Sailor Step		
1,2	Step Diagonal Fwd Rt, Step Diagonal Fwd Lt	
3&4	Lock Rt behind Lt, Lock Lt in front of Rt, Step back Rt	
5,6	Make 1/2 turn Lt stepping fwd Lt, Make 1/2 Lt stepping back on Rt	
7&8	Make a 1/4 turn Lt stepping Lt behind Rt, Step Rt in place, Step Lt fwd	

(9-16) Walk, Walk, Ball Cross, Ball Cross, Cross Rock & Cross & Cross

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1,2	Step fwd Rt, Step fwd Lt
&3	Angle upper body diagonally Lt stepping ball of Rt behind Lt, Step down on Lt
&4	Step ball of Rt behind Lt, Step down on Lt
5,6	Cross Rt over Lt, Rock Lt to Lt
&7&8	Step ball of Rt behind Lt, Step Lt over Rt, Step Rt to Rt, Cross Lt over Rt

(17-24) Side Drag, And Cross Side, Rock & Side, Roll & Turn

1,2	Step Rt to Rt, Drag Lt heel to Rt
&3,4	Step Lt behind Rt, Step Rt across Lt, Step Lt to Lt
5&6	Rock Rt behind Lt, Replace weight Lt, Step Rt to Rt
7&	Roll hips a full turn anti-c/w (weight Rt)
8	Continue to roll hips making a 1/4 turn Lt (weight Lt) "6'oclock"

(25-32) Step 1/2 turn Kick & Point & Point Monterey Turn 1/4 Rock & Step

(25-32) Step 1/2 turn, Kick & Point & Point, Monterey Turn, 1/4 Rock & Step			
1,2	Step Rt fwd, Make a 1/2 turn Lt		
3&4	Kick Rt fwd, Step Rt in place, Point Lt to Lt		
&5,6	Bring Lt to Rt, Point Rt to Rt, Make a full Monterey turn Rt (weight Rt)		
7&8	Make a 1/4 Rt Rocking Lt back, Replace weight Rt, Step Lt fwd		

HAVE FUN