

I Spy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul McAdam (UK) - December 2008
音樂: Checkin' On Me - Róisín Murphy : (Album: Overpowered)



Count in: Approximately 9 seconds into song 16 counts.

(1-9) SLOW COASTER CROSS, SIDE ROCK CROSS, ½ TURN, CROSS ROCK SIDE

1,2,3 Step back on left foot, step right foot next to left, cross left foot over right
4&5 Rock right foot out to right side, recover on left foot, cross right foot over left
6,7 Make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
8&1 Cross rock left foot over right, recover weight onto right, step left foot to left side

(10-17) CROSS BACK, SIDE CROSS TOUCH, CROSS TOUCH, CROSS SHUFFLE

2,3 Cross right foot over left foot, step back on left foot
4&5 Step right foot to right side, cross left foot over right, touch right toe to right side
6,7 Cross right foot over left, touch left toe to left side
8&1 Left crossing shuffle

(18-25) SIDE PRESS, BEHIND ¼ TURN, STEP ½ TURN ½ SHUFFLE BACK

2,3 Press right foot out to right side, recover weight onto left
4&5 Cross right foot behind left, make a ¼ turn left and step forward on left foot, step forward on right foot
6,7 Step forward on left foot, pivot ½ a turn right
8&1 Make a ¼ turn right and step left foot to left side, make a ¼ turn right and step right foot next to left, step left foot a big step back.

(26-32) DRAG BALL CROSS, MAMBO ROCK, STEP ½ TURN LEFT, RUN BACK X2

2&3 Drag right foot up to left foot, step back on ball of right foot, step forward on left foot
4&5 Rock forward on right foot, recover on left, step right foot together
6,7 Step forward on left foot, make a ½ turn LEFT and step back on right foot
8& Run back on left foot, run back on right foot

START AGAIN AND ENJOY!