

Inclination for Syncopation

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul McAdam (UK) - June 2009
音樂: Remember the Time - Michael Jackson



Count in: Approximately 32 Counts from start of track at about 19 seconds

(1-8) SIDE CROSS TOUCH, BALL CROSS TOUCH, BEHIND ¼ TURN, OUT-OUT, STEP BACK

- 1&2 Step left foot to left side, cross right foot over left foot, touch left toe to left side
&3,4 Step back on ball of left foot, cross right foot over left, touch left toe to left side
5&6 Cross left foot behind right foot, make a ¼ turn right step forward on right, step forward on left foot
&7,8 Step right foot out to right side, step left foot out to left side, step back on right foot

(9-16) BACK ¼ CROSS, SWITCHES X2, CROSS UNWIND FULL TURN, SIDE ROCK KICK

- 1&2 Step back on left foot, make a ¼ turn right and step right foot to right side, cross left foot over right
3&4 Touch right toe out to right side, step right foot next to left, touch left toe out to left side
5,6 Cross left foot over right foot, unwind a full turn right (weight finishes on right foot)
7&8 Rock left foot out to left side, recover weight onto right foot, kick left foot forward

(17-24) & CROSS & TOUCH, CROSS ¼ TURN FORWARD, BEND ROLL, BALL STEP ¼ TURN, TOGETHER

- &1&2 Step left foot to left side, cross right foot over left, step back on left foot, touch right toe to right side
3,4 Cross right foot over left foot, make a ¼ turn left and step forward on left
5,6 Sitting back slightly weight on right foot bend knees, rolling hips forward and up taking weight on left foot
&7,8 Step right foot next to left foot, make a ¼ turn left and step left foot to left side, step right foot next to left

(25-32) SIDE TOUCHES X2, STEP ½ TURN, ¼ TURN WALKS BACK

- 1-4 Step left foot back to left diagonal, touch right toe next to left, step right foot back to right diagonal, touch left toe next to right
5,6 Step forward on left foot, pivot ½ turn right
7,8 Make a ¼ turn right and step back on left foot, step back on right foot

START AGAIN AND ENJOY!