

Straighten Up

拍數: 64 牆數: 4 級數: Beginner
編舞者: Rob Fowler (ES) - October 2009
音樂: Straighten Up and Fly Right - Neal McCoy



Toe Strut, Toe Strut, Rock ¼ Turn

1,2 Right Toe Strut
3,4 Left Toe Strut
5,6 Rock forward onto right, recover back onto left
7,8 Make ¼ turn right Stepping right to right side, Hold

Left Box Step, Side Touch, Swivel

1,2 Cross Left over right, Step back onto right
3,4 Step Left to left side, touch right next to left
5,6 Step right to right side, step left next to right
7,8 Swivel Heels to the right, recover back to centre

Rumba Box Forward, Rumba Box Back

1,2 Step left to left side, Step right next to left
3,4 Step forward onto left, Hold
5,6 Step right to right side, Step left next to right
7,8 Step back onto right, Hold

Hips Bumps Left Right, Side Together Side

1,2 Bump hip to the left hold
3,4 Bump hip to the right hold
5,6 Step left to left side, step right next to left
7,8 Step left to left side, hold

Rock Step Weave, & Slide

1,2 Rock right over left, recover back onto left
3,4 Step right to right side, cross left over right
5,6 Step right to right side, cross left behind right
7,8 Take long step to right side, hold

Rock Step ¼ Turn Left, ¼ Turn Side Rock Cross, Slide

1,2 Rock Left over right, rock back onto right
3,4 ¼ Turn to left stepping forward onto left, Make ¼ turn to left rocking right to right side
5,6 Rock left to left side, cross right over left
7,8 Take long step to the left, Hold

Rock Back And Side, Rock Back And Side

1,2 Rock right behind left, rock forward onto left
3,4 Step right to right side, Hold
5,6 Rock left behind right, rock forward onto right
7,8 Step left to left side, Hold

Step Forward Right, Hold, Half Pivot Turn, Step Forward Right Half Pivot, Run Run

1,2 Step forward onto right, Hold
3,4 Make a half turn left, Hold
5,6 Step forward onto right, Make half to left
7,8 Run forward right, run forward left

End of Dance
