

Come As You Are

拍數: 32 牆數: 4 級數: Improver
編舞者: Joanne Wong (MY) - January 2010
音樂: Come As You Are - Aaliyah Jones & Jackson Burke



Forward, Spiral Full Turn Left, Lock Step Forward, Mambo Forward, Hook, ¾ Turn Left

- 1-3 Step forward on left (1), step forward on right (2), make a full turn spiral to the left, ending with left crossed in front of right (3)
4&5 Step forward on left (4), lock right behind left (&), step forward on left (5)
6&7 Rock forward on right (6), recover on left (&), step back on right (7)
8-1 Hook left behind right (8), make a ¾ turn left, stepping left in place (1)

Touch & Side, Cross & Sweep, Behind Side Cross, Pivot ½ Turn Right

- 2&3 Touch right to right side (2), touch right next to left (&), step right to right side (3)
4&5 Cross left over right (4), step right to right side (&), cross left behind right, sweeping right foot from front to back (5)
6&7 Cross right behind left (6), step left to left side (&), cross right over left (7)
8-1 Step forward on left (8), pivot ½ turn right, weight on right (1)

Skate X2, Pivot ¾ Right, Side, Sway X2, Coaster Step

- 2-3 Skate left diagonally forward (2), skate right diagonally forward (3)
4&5 Step forward on left (4), pivot ¾ turn right, weight on right (&), step left to left side (5)
6-7 Sway hips to right (6), sway hips to left (7)
8&1 Step back on right (8), step left beside right (&), step forward on right (1)

Monterey ½ Left, Monterey ½ Right, Cross Rock, Recover, Back, Back, ¼ Left Forward

- 2&3 Touch left to left side (2), make a ½ turn Monterey to the left, stepping left beside right (&), touch right to right side (3)
4&5 Hold (4), make a ½ turn Monterey to the right, stepping right beside left (&), touch left to left side (5)
6-7 Cross rock left over right (6), recover on right (7)
8&1 Step back diagonally on left (8), step right behind left (&), making a ¼ turn left, step forward on left

Repeat

TAG: AFTER wall 2 [6 o'clock] and wall 5 [3 o'clock], do the following tag:

Forward, Touch, Sway X2, Forward

- 1 Step forward on left (1) [Note: This step is the beginning of the dance]
2-3 Touch forward on right, swaying hips to right (2), sway hips to left (3)
4 Step forward on right (4)
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