

Bring it Back

拍數: 64 牆數: 2 級數: Improver
編舞者: Geri Morrison (UK) - April 2010
音樂: Do You Remember (feat. Sean Paul & Lil Jon) - Jay Sean



Count in: 32 (on, "I've Been")

Sec 1: Side Together, Side Together Forward, Side Together, Side Together Back

1-2 Step Left to left Side, Bring Right Next to Left
3&4 Step Left to left Side, bring Right Next to Left, Step Forward on Left
5-6 Step Right to Right Side, Bring Left Next to Right
7&8 Step Right to Right Side, Bring Left Next to Right, Step Back on Right

Sec 2: Make 1/4 Turn Left Side Together, Side Together Forward, Side Together, Side Together Back

1-2 Turn 1/4 Left Stepping Left to Left Side, Bring Right Next to Left
3&4 Step Left to Left Side, Bring Right beside Left, Step Forward on Left
5-6 Step Right to Right Side, Bring Left beside Right
7&8 Step Right to Right Side, Bring Left beside Right, Step Back on Right, (9 o'clock)

Sec 3: Rock Back Recover, Shuffle 1/2 Turn Right, Rock Back Recover, Brush Right, and Side Step

1-2 Rock Back on Left, Recover on Right,
3&4 Shuffle Back 1/2 Turn Right Stepping Left, Right, Left
5-6 Rock Back on Right, Recover on Left
7-8 Brush Right Forward, Step Right to Right Side (3 o'clock)

Sec4: Hip Bumps, Right Sailor Step, Left Sailor, 1/4 Turn Left, Cross Step Back

1&2 Bump Hips Left, Right, Left
3&4 Right Sailor Step (Cross Right Behind Left Step Left to Left, Step Right to Right Side
5&6 Cross Left behind Right, Make 1/4 Turn Left stepping Right Next to Left, Step Left Next to Right
7-8 Cross Right over Left, Step Back on Left (12 o'clock)

Sec 5: Side Cross, Side Behind, 1/4 Turn Right Shuffle, Pivot 1/2 Turn Right

1-2 Step Right to Right Side, Cross Left In front of Right
3-4 Step Right to Right, Cross Left Behind Right
5&6 Make 1/4 Turn Right Shuffling Forward Right, Left, and Right
7-8 Step Forward on Left, Pivot 1/2 Turn Right Taking Weight on Right, (9 o'clock)

Sec 6: 1/4 Turn Right, Side Behind, 1/4 Turn Left Shuffle, Pivot 1/2 Turn Left, 1/4 Turn Right Side Step

1-2 Make 1/4 Turn Right Stepping Left to Left Side, Cross Right behind Left
3&4 Make 1/4 Left Shuffling Forward Left, Right, and Left
5-6 Step Forward on Right, Pivot 1/2 Turn Left Taking Weight on Left . Make 1/4 Turn Left Stepping Right to Right Side, Bring Left Next to Right Taking Weight (12 o'clock)

Sec 7: Side Rock & Cross x 2, Rock Forward Recover, 1/2 Turn Sailor

1&2 Rock Right to Right Side, Recover Weight on Left, Cross Right over Left
3&4 Rock Left To Left Side, Recover Weight on Right, Cross Left over Right (Traveling Slightly Forward)
5-6 Rock Forward on Right, Recover on Left
7&8 Cross Right Behind Left, Make 1/2 Turn Right Stepping Left Next To Right, Step Right to Right Side (6 o'clock)

Sec 8: Cross Side, Behind & Cross, Side Rock, Behind & Cross

1-2 Cross Left Over Right, Step Right to Right Side

3&4 Cross Left Behind Right, Step Right to Right, Cross Left over Right

5-6 Side Rock Right to Right, Recover Weight on Left

7&8 Cross Right behind Left, Step Left to Left, Cross Right Over Left (6 o'clock)

Start Again
