

Knee Deep

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Adrian Churm (UK) - April 2010
音樂: Wade In the Water - Eva Cassidy : (CD: Songbird)



Start dancing on lyrics

Or Music:

Bring It On by The Deans [128 bpm / CD: Love Letters]
Funky Cold Medina by Ton Loc [120 bpm / Hip Hop Back In The Day]

Walk, Kick Cross Back, Coaster Step, Shuffle Forward

1-2 Step right forward, step left forward
3&4 Kick right forward, cross right over left, step left back
5&6 Step right back, step left together, step right forward
7&8 Chassé forward left, right, left

Cross Rock, $\frac{3}{4}$ Triple Right, Cross, Side, Vaudeville

1-2 Cross right over left, rock left back
3&4 Turn $\frac{3}{4}$ right, stepping right, left, right on the spot
5-6 Cross left over right, step right to side
7&8 Cross left behind right, step right to side, touch left heel out to the left

Close, Cross Side, Turn $\frac{1}{4}$ Right Into Coaster Step, Skate, Shuffle Forward

&1-2 Close left towards right, cross right over left, step left to side
3&4 Turn $\frac{1}{4}$ right and step right back, close left foot to right, step right forward
5-6 Skate left, skate right
7&8 Chassé forward left, right, left

Rock Step, Lock Back Hold, Lock Back, $\frac{1}{4}$ Turn Into Ball Crosses To Right

1-2 Step right forward, rock back to left
&3-4 Step back to ball of right, cross left over right, hold
&5 Step back to ball of right, cross left front in front of right
&6 Turn $\frac{1}{4}$ right and step ball of right to the side (small), cross left in front or right
&7&8 Step right toe to the side (small), cross left over right, step ball of right to the side, cross left over right

Side Rock, Sailor Step, Cross Behind Unwind $\frac{1}{2}$ Left, Pivot Turn Left

1-2 Rock right to side, recover to left
3&4 Right sailor step
5-6 Cross left behind right, unwind $\frac{1}{2}$ turn to the left
7-8 Step right forward, turn $\frac{1}{2}$ left (weight to left)

Dorothy Steps, Rock Step, $\frac{1}{2}$ Turn Shuffle Round To Right

1-2& Step right diagonally forward, lock left behind right, small step right forward to right diagonal
3-4& Step left diagonally forward, lock right behind left, small step left forward to left diagonal
5-6 Step right forward, rock back to left
7&8 $\frac{1}{2}$ turn shuffle to right right, left, right

Dorothy Steps, Rock Step, $\frac{1}{2}$ Turn Shuffle Round To Left

1-2& Step left diagonally forward, lock cross right behind left, small step left forward to left diagonal
3-4& Step right diagonally forward, lock cross left behind right, small step right forward to right diagonal

5-6 Step left forward, rock back to right
7&8 ½ turn shuffle to left left, right, left

Rock Step, Jazz Jump Back, Kick, Back, Heel Touch, Close Touch, Back, Heel Touch, Close

1-2 Step right forward, rock back to left
&3-4 Jump back right, then left (feet apart), hold
5&6 Kick right forward, step right back, touch left heel forward
&7 Step left together, touch right together
&8& Step right back, touch left heel forward, step left together

Repeat
