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 back5&6 Step right back, step left together, step right forward

7&8 Chassé forward left, right, left

Cross Rock, 3/4 Triple Right, Cross, Side, Vaudeville

1-2 Cross right over left, rock left back

3&4 Turn ¾ 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 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 ¼ right and step right back, close left toot 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, 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

Turn ¼ 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 ½ 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 ½ turn to the left 7-8 Step right forward, turn ½ left (weight to left)

Dorothy Steps, Rock Step, ½ 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 ½ turn shuffle to right right, left, right

Dorothy Steps, Rock Step, 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