

Undo It

拍數: 76 牆數: 2 級數: Phrased Intermediate
編舞者: Amy Christian (USA) & Gene Norton (USA) - July 2010
音樂: Undo It - Carrie Underwood



Sequence Of Dance: AB AB Tag B

Note: "A" Will Always Start On Front Wall And "B" Will Always Start On Back Wall.

Part A (32 cts)

Twist, Twist, Twist 1/4 Hitch, L Coaster Step, Jazz Box 1/4, Mambo Touch

1&2 Twist Heels to R side, Twist Toes to R side, Twist 1/4 turn left with a Hitch on L foot
3&4 L Coaster(LRL)
5& Cross R over left, 1/4 turn right stepping L foot back
6& Step R foot to R side, Step L foot next to R
7&8 Rock to R side on R foot, Recover on L, Touch R next to L

Step, Pivot, Turn, L. Coaster Step, Rocking Chair, 1/4 Turn L. stepping back on R.

1&2 Step fwd on R foot, Pivot 1/2 turn left on L foot, 1/2 turn left, Step R foot next to L foot
3&4 L Coaster(LRL)
5&6& Rocking chair
7& Step R foot to R side and Bump R, Bump L
8 1/4 turn left, taking big step back on R foot while sliding L. towards R.

L. Coaster, Jazz Box 1/4, Walk, Walk. Jazz Box 1/4

1&2 L Coaster(LRL)
3&4& Cross R foot over L, 1/4 turn right stepping L foot back, Step on ball of R foot, Step on ball of L next to R,
5-6 Step R foot next to L, Step forward on L foot
7&8& Cross R foot over L, 1/4 turn right, stepping L foot back, Step on ball of R foot, Step on ball of L next to R,

Triple Forward, Rock Fwd, 1/4 Recover, Cross, Big Step, Drag & Touch, L. Mambo

1&2 Triple forward, R, L, R
3&4 Rock fwd on L foot, 1/4 right, recovering on R., Cross L over R
5-6 Take big step to right side on R foot, Drag and Touch L next to R
7&8 Mambo to L side

Part B (44 cts)

Side, short Weave and forward, Step R. forward, R. Chase turn(LRL), Full turn L. (RLR)

1-2&3-4 Step R. to R., Step L. behind R, Step R. to R., Step L. Forward., Step R. Forward with R. turn prep
5&6 1/2 Chase turn to R.(LRL)
7&8 Turn 1/2 L. stepping back on R., Turn 1/2 L. stepping forward on L., point R. to R. side

Cross, Scissor Step 1/2 turn to the Left, Cross rock side, short weave

1&2&3&4 Cross R. over L., Rock L. to L, Step R next. to L., Cross L. over R., turn 1/4 L. stepping back on R., turn 1/4 L on L. stepping R. to R.
5&6 Rock L. across R., recover weight to R., Step L. to L.
7&8 Cross R. over L., step L. to L., step R.. behind L.

Turn, Turn, Side Shuffle, Cross, Back, Back, Cross, Back, Back,

1-2 Turn 1/4 L. and step L. forward, Turn 1/2 L. stepping back on R.
3&4 Turn 1/4 L. and Side Shuffle LRL

5&6 Cross R. over L., step L. back, Step R. back.
7&8 Cross L. over R., step R. back step L. back.

Long Weave with point, Cross, Turn, Coaster step(RLR)

1&2&3&4 Step R. to R., Cross L. behind R., Step R. to R., Step L. over R., Step R. to R., Cross L. behind R., Point R out to R.
5-6 Cross R. over L., turn ¼ R. stepping back on L.
7&8 Coaster Step(RL(alternative steps 7&8...Full turning shuffle to R.))

Cross Walk, Cross Walk(prissy walk), quick step, step, step, Cross, Turn, Coaster Step

1-2 Walk forward L. over R., Walk forward R. over L.
&3-4 Step forward L, Bring R. next to L., Step L. forward
5-6 Cross R. over L., Turn ¼ R., Step back on L.
7&8 Coaster Step (RLR)

(alternative steps 7&8...Full turning shuffle to R.)

Cross Walk, Cross Walk(prissy walk), Forward Mambo Step(LRL)

1-2 Walk forward L. over R., Walk forward R. over L.
3&4 Rock forward on L., Recover on R., Step L. next to R

BEGIN AGAIN

TAG - 16 counts (Facing the front wall)

Basic NT2 to R, Basic NT2 to L, Rocking Chair, (Or Walk, Walk) Pivot 1/2

1-2& Step R to right side, Rock back on L, Recover on R
3-4& Step L to left side, Rock back on R, Recover on L
5&6& Rock fwd On R, Recover on L, Rock back on R, Recover on L
7-8 Step fwd on R, Pivot 1/2 turn left on L

Basic NT2 to R, Basic NT2 to L, Pivot 1/2, Pivot 1/2,

1-2& Step R to right side, Rock back on L, Recover on R,
3-4& Step L to left side, Rock back on R, Recover on L,
5-6 Step fwd on R, Pivot 1/2 turn left on L,
7-8 Step fwd on R, Pivot 1/2 turn left on L.(Facing back wall).
