

Know Me By Now

拍數: 36 牆數: 2 級數: Intermediate
編舞者: Craig Bennett (UK) - September 2010
音樂: If You Don't Know Me By Now - Seal



(1-6) Step ½ turn, Back, side, Cross

1,2,3 Step forward left, Make ½ turn left stepping back right, Step back onto left
4,5,6 Step back onto right, Step left to left side, Cross right over left

(7-12) Rock recover cross, ¼ turn, ½ turn, Step

1,2,3 Rock left to left side, Recover onto right, Cross left over right
4,5,6 Make ¼ turn left stepping back on right, Make ½ turn left stepping forward onto left, Step forward onto right

(13-18) Rock recover step, Cross, Back, Side

1,2,3 Rock forward onto left, Recover back onto right, Step back onto left
4,5,6 Cross right over left, Step back onto left, Step right to right side

(19-24) Cross rock recover, Back rock recover

1,2,3 Cross left over right, Rock right to right side, Recover onto left
4,5,6 Cross right behind left, Rock left to left side, Recover onto right

(25-30) Sailor ¼ turn, Step full turn

1,2,3 Step left behind right, Make ¼ turn left stepping right to right, Step forward onto left
4,5,6 Step forward onto right, Make ½ turn stepping back onto left, Make ½ turn stepping forward onto right

(31- 36) Rock recover back, ½ , Step ½ pivot

1,2,3 Rock forward onto left, Recover back onto right, Step back onto left
4,5,6 Make ½ right stepping forward onto right, Step left forward, ½ turn pivot right

Begin Again

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