

Ambitions

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - October 2010
音樂: Ambitions - Joe McElderry : (Album: Ambitions)



(Intro: 16 Counts.....BPM: 128)

Side Rock. Cross shuffle. 1/2 turn Right. Step-Scuff.

1 – 2 Rock Right to Right side. Recover weight on Left.
3&4 Cross Right over Left. Step Left to Left side. Cross Right over Left.
5 – 6 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right forward.
7 – 8 Step forward on Left. Scuff Right beside the Left.

Step-Lock. Step-Lock-Step. Forward rock. Full turn Left.

1 – 2 Step forward on Right. Lock Left foot behind Right.
3&4 Step forward on Right. Lock Left foot behind Right. Step forward on Right.
5 – 6 Rock forward on Left. Recover weight back on Right.
7 – 8 Make 1/2 turn Left stepping Left forward. Make 1/2 turn Left stepping back on Right.

(Can replace counts 7 – 8 with two walks back stepping: Left, Right).

Back rock. Cross-back. Sway X2. Cross-Side.

1 – 2 Rock back on Left. Recover weight forward on Right.
3 – 4 Cross Left over Right. Step back on Right.
5 – 6 Step Left to Left side sway Hips Left, Sway hips Right.
7 – 8 Cross Left over Right. Step Right to Right side. (6.00)

Sailor 1/4 turn Left. Step. 1/2 turn Right. Shuffle 1/2 turn. Side-rock-cross.

1&2 Cross Left behind Right making 1/4 Left. Step Right beside Left. Step Left forward.
3 – 4 Step Right forward. Make 1/2 turn Right stepping back on Left.
5&6 Shuffle 1/2 turn Right stepping: Right, Left, Right.
7&8 Rock Left to Left side. Recover weight onto Right. Cross Left over Right. (3.00)

Heel Digs X2. Weave 1/4 Left. Heel Digs X2. Behind 1/2 step.

1 – 2 Dig Right heel towards Right diagonal twice.
3&4 Cross Right behind Left. Make 1/4 Left stepping Left forward. Step Right forward.
5 – 6 Dig Left Heel forward twice.
7&8 Step back on Left. Make 1/2 turn Right stepping Right forward. Step forward on Left.

*Restart Here on Wall 2

Rocking Chair. Step 1/2 turn. 3/4 turn Left.

1 – 2 Rock forward on Right. Recover weight back on Left.
3 – 4 Rock back on Right. Recover weight forward on Left.
5 – 6 Step forward on Right. Pivot 1/2 turn Left.
7 – 8 Make 1/2 turn Left stepping Right back. Make 1/4 turn Left stepping Left to side. (3.00)

Cross Rock. Chasse Right. Cross-Unwind full turn Right. Chasse Left.

1 – 2 Cross rock Right over Left. Recover weight onto Left.
3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side.
5 – 6 Cross Left over Right. Unwind full turn Right keeping weight in Right.

(Can replace counts 5 – 6 with a Left Cross Rock)

7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side.

Behind-Side. Cross-Unwind full turn Left. Weave 1/4 turn Right.

- 1 – 2 Cross Right behind Left. Step Left to Left side.
- 3 – 4 Cross Right over Left. Unwind full turn Left keeping weight in Left.
- 5 – 6 Step Right to Right side. Cross Left behind Right.
- 7 – 8 Make 1/4 Right Stepping Right forward. Step forward on Left.

Tag. This comes at the end of wall 4 (12.00)

Step 1/2 turn. Right shuffle forward. Step 1/2 turn. Left shuffle forward.

- 1 – 2 Step Right forward. Pivot 1/2 Left.
- 3&4 Step forward on Right. Close Left beside Right. Step forward on Right.
- 5 – 6 Step Left forward. Pivot 1/2 Right.
- 7&8 Step forward on Left. Close Right beside Left. Step forward on Left.

Side Rock. Weave Left. Side Rock. Weave Right.

- 1 – 2 Rock Right out to Right side. Recover weight onto Left.
- 3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left.
- 5 – 6 Rock Left to Left side. Recover weight onto Right.
- 7&8 Cross Left behind Right. Step Right to Right side. Cross Left over Right.

Contact: - krazy_kark@hotmail.com
