

Bittersweet

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Bittersweet - Sophie Ellis-Bextor



INTRO: 32 counts approx 17 secs start just before vocals

Sec 1: Step back, sweep, weave, cross rock ¼ turn

1 - 2 Step back on Right, Sweep Left from front to back
3 - 4 Cross Left behind Right, Step Right to right side
5 - 6 Cross rock Left over Right, Recover weight on Right
7 - 8 Turn ¼ left, stepping forward on Left, HOLD [9]

Sec 2: Full Turn, Forward rock, Turn ½, Hold ¼, drag

1 - 2 Turn half left, stepping back on Right, Turn ½ left stepping forward on Left
3 - 4 Rock forward on Right, Recover weight on Left
5 - 6 Turn ½ right stepping forward on Right, HOLD
7 - 8 Turn ¼ right stepping long step to left on Left, Drag Right to Left without taking weight [6]

Sec 3: Step, Cross, Side, Drag, Back rock, Step forward, Lock behind

1 - 2 Step Right down next to Left, Cross Left over Right
3 - 4 Step Right long step to right, Drag Left to Right without weight
5 - 6 Rock back on Left, Recover weight on Right
7 - 8 Step Left forward, Lock Right behind Left [6]

Sec 4: Step forward, Sweep, Weave, Hold Sway x2

1 - 2 Step forward on Left, Sweep Right from back to front
3 - 4 Cross Right in front of Left, Step Left to left side
5 - 6 Cross Right behind Left, HOLD
7 - 8 Step Left to left side swaying hips left, Sway right [6]

Sec 5: Side, Drag, Cross rock, ¼, Full Turn, HOLD

1 - 2 Move Left foot slightly further left, Drag Right to Left
3 - 4 Cross rock Right over Left, Recover weight on Left
5 - 6 Turn ¼ right stepping forward on right, Turn ½ right and step back on Left
7 - 8 Turn ½ right stepping forward on Right, HOLD [9]

Sec 6: ¼ Touch, Side, Together, Long step forward, Drag, Forward rock

1 - 2 Turn ¼ right and step Left to left side, Touch Right beside Left
3 - 4 Step Right to right side, Step Left next to Right
5 - 6 Take long step forward on Right, Drag Left to Right
7 - 8 Rock forward on Left, Recover weight on Right [12]

Sec 7: Step back, Drag, Rock Back, Turn ½, Drag, Back rock

1 - 2 Step back on Left, Drag Right to Left
3 - 4 Rock back on Right, Recover weight on Left
5 - 6 Turn ½ left stepping back on Right, Drag Left to Right
7 - 8 Rock back on Left, Recover weight on Right [6]

Sec 8: Step forward, Hold, Slow forward mambo, Hold, Step back, Sweep

1 - 2 Step forward on Left, Hold
3 - 4 Rock forward on Right, Recover weight on Left

5 - 6 Step back on Right, Hold

7 - 8 Step back on Left, Sweep Right from front to back keeping weight on Left [6]

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