

About You

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Giles Redpath (UK) - February 2011
音樂: Someone Like You - Adele



Practice Track: The Glory Of Love – Peter Cetera

Start after 32 counts - Start with R Toe Pointing Forward

Sweep, half turn, $\frac{3}{4}$ turn R, rock forward, back, $\frac{3}{4}$ turn R.

1,2 Sweep R foot back, half turn R,
3&4 Triple full turn over R shoulder L,R,L,
5,6 rock forward on R back on L
7&8 triple $\frac{3}{4}$ turn over R shoulder R,L,R

Side, behind, side, in front, point, sway, sway, sailor $\frac{1}{2}$ turn.

9,10 Step L to the side, cross R in behind of L
11&12 Step L to side, R in front, point L to side
13,14 Sway onto L foot, sway back on R,
15&16 L sailor behind R turning $\frac{1}{2}$ L,

Rock forward, back, triple half turn R, full turn L,R, forward mambo, point L toe back.

17, 18 Rock forward R back on L,
19&20 Triple half turn over R shoulder moving back,
21,22 Full turn stepping L forward, bringing R sweeping round
23&24 Forward mambo step pointing Left toe back keeping weight on R

Cross sweep, step back, triple half turn, rock forward, back, coaster point.

25,26 Cross sweep L forward over R, step back R,
27&28 Triple half turn over L shoulder, L,R,L,
29,30 Rock forward R back on L
31&32 R coaster, ending by pointing r forward.
