

Please Stay

拍數: 48 牆數: 2 級數: Improver
編舞者: Christa Klaasenbos (NL) - June 2011
音樂: Stay - Ronan Keating



Nightclub step l,r- ½ turn left- triple steps

1-2& L.V step left – R.V rock behind L.V – recover on L.V
3-4& R.V step right- L.V rock behind R.V – recover on R.V
5 L.v step forw.
6&7 R.V step forw – ½ turn left – R.V step forw.
8&1 L.V run forw. L,R,L

Rock step- ¼ sailorstep –wave-sailorstep

2-3 R.V rock forw. – recover on L.V
4&5 R.V ¼ sailorstep right
6&7 L.V cross over R.v- R.V step right – L.V cross behind R.V
8&1 R.V sailorstep

Cross mambo 2x- shuffle – mambo

2&3 L.V cross mambo
4&5 R.V cross mambo
6&7 L.V shuffle forw.
8&1 R.V mambo forw.

Walk back – lockstep – rockstep – shuffle

2-3 L.V walk back – R.V walk back
4&5 L.V lockstep back
6-7 R.V rock back – recover on L.V
8&1 R.V shuffle forw.

Nightclubstep – ¼ right- shuffle – sway

2-3& L.v step left – R.V rock behind L.v – recover on L.V
4 R.V ¼ turn right

Reastard on wall 4

5&6 L.V shuffle forw.
7-8 R.V sway right-left

½ turn right – lockstep – rock step –cross rock

1&2 RV cross over L.v – ¼ turn right – ¼ turn right
3 L.V step forw.
4&5 R.V lockstep forw.
6-7 L.V rock left – recover on R.V
8& L.V cross over R.V recover on R.V

Ending section 6 – 8&1 L.V cross rock – recover – R.V cross behind L.V ½ right