

A Little Betta

拍數: 32 牆數: 2 級數: Beginner
編舞者: Forty Arroyo (USA) - September 2011
音樂: One In a Million - Ne-Yo



Hayloft Floor Split for Nothin' Better by Neville Fitzgerald & Julie Harris

[1-8] KICK BALL CHANGE, OUT, OUT, KICK BALL CHANGE, OUT, OUT

1&2 Low kick R forward, Step ball of R in place, Step slightly forward on L
3,4 Step R forward – right diagonal, Step L forward – left diagonal
5&6 Repeat steps 1&2
7,8 Repeat steps 3,4

[9-16] STEP, TOUCH, STEP, TOUCH, ROCK, STEP, PIVOT ¼

1,2 Step back on R (R diagonal), Touch L next to R
3,4 Step back on L (L diagonal), Touch R next to L
5&6 Rock back on R, Step L in place (recover)
7,8 Step forward on R, Pivot ¼ left on RF – weight on L

RESTART HAPPENS HERE at 6 o'clock (your cue: instrumentals)

[17-24] CROSSING SHUFFLE, ROCK SIDE RECOVER(2X), COASTER STEP

1&2 Cross R over L, Small step L to side, Cross R over L
3-6 Rock side L, Recover weight on R, Rock side L, Recover weight on R
7&8 Step back on L, Step R next to L, Step forward on L

[25-32] 2 TURNING JAZZ BOXES (completing ¼ L)

1-4 Cross R over L, Step back on L, Step R next to L, Step L forward turning 1/8 left
5-8 Cross R over L, Step back on L, Step R next to L, Step L forward turning 1/8 left

ENJOY!!

Restart during 8th rotation.

Dance up to count 14...then replace the last 2 counts (15 and 16) with a "Rock, Recover"

15,16 Rock back on R (15)and Recover on L (16)

START OVER – with the "kick ball change"

Last Revision on site - 5th September 2011