

Excuse Me

拍數: 32 牆數: 2 級數: Beginner
編舞者: Yvonne Krause (USA) - October 2011
音樂: Excuse Me (I Think I've Got a Heartache) - Dwight Yoakam : (CD: Dwight Sings Buck)



[1-8] □ □ MAMBO RIGHT & LEFT, LOCK STEP, PIVOT 1/4 TURN RIGHT

1&2 Step right foot to right side, lift left foot and place it back down, step right next to left.
3&4 Step left foot to left side, lift right foot and place it back down, step left next to right.
5&6 Step forward on right, lock left behind right, step forward on right.
7&8 Step forward on right, pivot ¼ turn right, cross left foot over right.

[9-16] □ □ MAMBO RIGHT & LEFT, LOCK STEP, PIVOT 1/4 TURN RIGHT

1&2 Step right foot to right side, lift left foot and place it back down, step right next to left.
3&4 Step left foot to left side, lift right foot and place it back down, step left next to right.
5&6 Step forward on right, lock left behind right, step forward on right.
7&8 Step forward on right, pivot ¼ turn right, cross left foot over right.

[17-24] □ □ K-STEP, HIP BUMPS RIGHT & LEFT

1&2& Step forward on right, touch left beside right, step back on left, touch right beside left.
3&4& Step back on right, touch left beside right, step forward on left, touch right beside left.
5&6 Bump hips forward on right.
7&8 Bump hips forward on left.

[25-32] □ □ PIVOT 1/2 TURN LEFT, SIDE ROCK RECOVER, STEP FORWARD, PIVOT 1/2 TURN RIGHT, SIDE ROCK RECOVER, CROSS

1&2 Step forward on right, pivot ½ turn left, step forward right.
3&4 Step left foot to left side, recover on right, step forward on left.
5&6 Step forward on right, pivot ½ turn left, step forward right.
7&8 Step left foot to left side, recover on right, cross left over right.

REPEAT
