

Da Dance

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Craig Bennett (UK) - January 2012
音樂: Teach Me How to Dance - JLS : (CD: Jukebox)



16 Count intro.

Section 1: Heel twists, Side Drag, Coaster Step, Cross, Step Back

1 & 2 & Twist right heel out. Bring heel in. Twist right heel out. Bring heel in.
3 – 4 Step right to right side. Slide left toward right.
5 & 6 Step back on left. Step right beside left. Step forward left.
7 – 8 Cross right over left. Step back on left.

Section 2: 1/4 Turn Rock, Behind, Side, Right Cross Shuffle, Side Left. Touch

1 – 2 Make 1/4 turn right rocking to right side on right. Recover onto left.
3 – 4 Cross right behind left. Step left to left side.
5 & 6 Cross right over left. Step left to left side. Cross right over left.
7 – 8 Step left to left side. Touch right beside left.

Section 3: Right Kick & Cross, Side, Left Kick & Cross, Side.

1 & 2 Kick right out to right side. Step right beside left. Cross left over right.
3 – 4 Step right to right side. Slide left towards right.
5 & 6 Kick left out to left side. Step left beside right. Cross right over left.
7 – 8 Step left to left side. Slide right towards left.

Section 4: Steps Out, Steps In, Step 1/4 Pivot Left. 2 x 1/4 Turns Right.

1 – 2 Step right out to right side. Step left out to left side.
3 – 4 Step right back into centre. Step left back into centre.
5 – 6 Step forward on right. Pivot 1/4 turn left.
7 – 8 Make 1/4 turn right onto right. Make 1/4 turn right stepping left to left side.

Section 5: Behind, Side, Press Sweep, Touch, Left Shuffle, Step 1/2 Turn

1 & 2 Cross right behind left. Step left to left side. Press right forward.
3 – 4 With weight on left sweep right out and step back. Touch left in front of right.
5 & 6 Step forward left. Close right beside left. Step forward left.
7 – 8 Step forward right. Pivot 1/2 turn left, weight ends back on right.

Section 6: Left Kick & Point, Right Kick & Point, 1/4 Turn Kick & Point, Hold & Cross

1 & 2 Kick left forward. Step left beside right. Point right to right side.
3 & 4 Kick right forward. Step right beside left. Point left to left side.
5 Make 1/4 turn left kick left forward.
& 6 Step left beside right. Point right to right side.
7 & 8 Hold. Step right beside left. Cross left over right.

Section 7: Right Rock, Sailor 1/4 Turn Right, Hold & Step Forward, Rock Recover

1 – 2 Rock to right side on right. Recover onto left.
3 & 4 Cross right behind left. Make 1/4 turn right onto left. Step forward right.
5 & 6 Hold. Step left beside right. Step forward right.
7 – 8 Rock forward on left. Recover back onto right.

Section 8: Back Lock Step, Back, Unwind 1/2 Turn Right, Side Touch, Out Out.

1 & 2 Step back on left. Lock right across front of left. Step back on left.

- 3 – 4 Touch right toe back. Unwind 1/2 turn right.
 - 5 – 6 Step left to left side. Touch right behind left.
 - 7 – 8 Step right out to right. Step left out to left (weight on left).
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