

Please Dance

拍數: 32 牆數: 2 級數: Improver
編舞者: Carol Bates (UK) - March 2012
音樂: I Hope You Dance - Lee Ann Womack



Right step forward, left rock forward recover ¼ left, right forward rock, ½ turn right

1-2& Step forward on right, rock forward on left, recover on right
3-4& turn ¼ left stepping forward on left, rock forward on right, recover on left
5 turn ½ right stepping forward on right
6 & 7 triple full turn right stepping L,R,L
8 & 1 Rock forward on right, recover on left, turn ¼ right swaying hips right

Sway left, chasse right, back rock left, turn ¼ right recover right, left rock forward recover, rock left to left side, recover, step back on left

2 Sway hips left
3 & 4 Step right to right side, close left next to right, step right to right side
5&6& Back rock left, turn ¼ left recovering on right, rock forward on left, recover on right
7 & 8 Rock left to left side, recover on right, step back on left

Triple full turn right, left scissor cross, right coaster step, skate left, right, left side chasse

1 & 2 Triple full turn back over right shoulder stepping R,L,R
3 & 4 Step left to left side, close right next to left, cross left over right
5 & 6 Step back on right, step left next to right, step forward on right
7 – 8 Skate forward left, skate forward right

Chasse left, rock back right recover, ¼ right stepping forward on right, triple full turn right, right rocking chair

1 & 2 Step left to left side, close right next to left, step left to left side
3 & 4 Back rock right, recover left, turn ¼ right stepping forward right
5 & 6 Triple turn right L,R,L
7&8& Rock forward right, recover left, rock back right, recover left

Happy dancing
