

Watch Your Back!

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Gaye Teather (UK) - April 2012
音樂: Watch Your Back - Michael Learns to Rock : (CD: Blue Night.)



Intro: 32 counts from first beat. (20 seconds). Start dancing just before vocals

Dance rotates in CW direction

Side stomp. Hold. Together. Cross. Side. Back rock. Chasse Right

1 – 2 Stomp Right to Right side. Hold
&3 – 4 Step Left beside Right. Cross Right over Left. Step Left to Left side
5 – 6 Rock back on Right. Recover onto Left
7&8 Step Right to Right side. Step Left beside Right. Step Right to Right side

Cross. Unwind full turn Right. Chasse quarter turn Left. Quarter turn Left with side rock. Together. Side. Drag

1 – 2 Cross Left over Right. Unwind a full turn Right (weight on Right)
(Non-turning option Left cross rock. Recover)
3&4 Step Left to Left side. Step Right beside Left. Quarter turn Left stepping forward on Left
5 – 6 Quarter turn Left rocking Right to Right side. Recover onto Left (Facing 6 o'clock)
&7 – 8 Step Right beside Left. Step Left to Left side. Drag Right to touch beside Left

Back Right. Back Left (with knee pops). Coaster step. Cross. Flick. Diagonal shuffle

1 – 2 Step back on Right (popping Left knee forward). Step back on Left (popping Right knee forward)
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5 – 6 Cross step Left over Right. Flick Right back turning to face Left diagonal
7&8 Step Right forward to Left diagonal. Step Left beside Right. Step Right forward to Left diagonal

Lunge. Recover. Back. Side. Cross. Side. Quarter turn Left. Kick-ball-cross

1 – 2 Still facing Left diagonal lunge forward on Left bending Left knee. Recover onto Right
3&4 Step back on Left. Straighten up to face 12 o'clock stepping Right to Right side. Cross Left over Right
5 – 6 Step Right to Right side. Quarter turn Left (Facing 3 o'clock)
7&8 Kick Right forward. Step Right beside Left. Cross Left over Right

Start again

***Tag: At the end of wall 3 (Facing 9 o'clock) add the following 8 count tag and then restart from beginning facing 9 o'clock**

Right side stomp. Bump hip Right. Bump hips Left-Right-Left. Back rock. Kick-ball-cross

1 – 2 Stomp Right to Right side (weight on Left) Transfer weight to Right bumping Right hip to Right
3&4 Bump hips Left. Right. Left
5 – 6 Rock back on Right. Recover onto Left
7&8 Kick Right forward. Step Right beside Left. Cross Left over Right