

Appreciate

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Tessa Jansen (NL) - April 2012
音樂: Appreciate - Charlotte Perrelli : (3:15)



Intro: 16 Counts

Step, ½ Pivot Turn, Step, ½ Turn L, ¼ Turn L, Side, Cross, Rock Side, Behind, Side, Cross, Sweep
1-2& R Step Fwd, L Step Fwd, ½ Turn Right (R is fwd) (6.00)
3&4 L Step Fwd, ½ Turn Left Step Back on L, ¼ Turn Left Step L to Left Side (9.00)
&5-6 Cross R Over L, R, L Rock to Left Side, Recover on R and Sweep Behind R
7&8& L Cross Behind R, R Step to R Side, L Cross Over R, Sweep R From Back to Front

Cross, Rock Back, Full Turn Left, Rock Fwd, Touch Toe, Twist ½, Twist ½
1& R Cross Over L, L Step Back
2&3 R Rock Back, Recover on L, ½ turn Left Step R Back (3.00)
& ½ Left Step L Fwd (9.00)
4-5 R Rock Fwd, Recover on L
6 R Touch Toe Back
7-8 ½ Turn Right (Twist), Twist ½ Left (3.00 and ending 9.00)

(Optional: Count 4-5; Move Upper Body Fwd and Back)
(Optional: Count 3&; R Walk Fwd, L Walk Fwd)

¼ Turn Left Basic R, Big Side Step L, Cross, ¼ Turn Left, ¾ Turn Left, Rock R Side, Rock Back
1-2& ¼ Turn Left Step R Long Step to R Side, Rock Back on L (slightly beh. R), Rec. on R (6.00)
3-4 L Big step to L Side, R Cross Behind L
& ¼ Left Step Fwd with L (3.00)
5-6 R Step Fwd, Turn ¾ Left (6.00, L will be Crossed over R)
7& R rock to R Side, Recover on L
8& R Rock back, Recover on L

Restart here in the 1th, 3th, 5th Wall, you will be facing 6.00

R Step Fwd, L Step Fwd, ½ Pivot Turn R, L Step Fwd, R Step Fwd, ½ Pivot Turn Left, R Step Fwd, Hip Sways L-R-L

1 R Step Fwd
2&3 L Step Fwd, ½ Pivot Turn Right (6.00), L Step Fwd
4&5 R Step Fwd, ½ Pivot Turn Left, R Step Fwd
6-7-8 Hip Sways L-R-L

Start again

Restarts: In the 1th, 3th, 5th Wall, after 24 Counts, facing 6.00

**Ending: In Wall 7, after count &5 (first section) you will be facing 9.00
Cross R Over L and Turn ¾ Left, than you will facing 12.00**