

1st Class

拍數: 32 牆數: 4 級數: Beginner
編舞者: Karl-Harry Winson (UK) - June 2012
音樂: Return to Sender - Helmut Lotti : (Album: My Tribute to the King - iTunes)



Intro: 32 Count/15 Secs (Start on Vocals).....BPM: 136

Alternative Track: "Return to Sender" by Elvis Presley from Album: "30 #1 Hits"

Intro: 16 Counts/8 Secs (Start on Vocals).....BPM: 132

Kick Ball-Step X2. Forward Rock. Shuffle 1/2 Turn.

1&2 Kick Right forward. Step Right beside Left. Step forward on Left.
3&4 Kick Right forward. Step Right beside Left. Step forward on Left.
5 – 6 Rock forward on Right. Recover weight on Left.
7&8 Shuffle 1/2 turn Right stepping: Right, Left, Right.

Kick Ball-Step X2. Forward Rock. Shuffle 1/4 Turn.

1&2 Kick Left forward. Step Left beside Right. Step forward on Right.
3&4 Kick Left forward. Step Left beside Right. Step forward on Right.
5 – 6 Rock forward on Left. Recover weight on Right.
7&8 Make 1/4 Left stepping Left to Left side. Close Right beside Left. Step Left to Left side.

Jazz Box (With Toe Struts)

1 – 2 Cross Right toe across Left. Drop the heel.
3 – 4 Step back on Left toe. Drop the heel.
5 – 6 Step Right toe to Right side. Drop the heel.
7 – 8 Cross Left toe forward. Drop the heel.

Monterey 1/2 Turn. Jump Forward: Right, Left. Elvis Knees Right & Left.

1 – 2 Point Right toe to Right side. Make 1/2 Turn Right stepping Right beside Left.
3 – 4 Point Left toe to Left side. Step Left in place beside Right with weight.
&5-6 Small Jump forward stepping: Right, Left. Hold.
7 – 8 Bend Right knee in towards Left. Bend Left knee in towards Right.

Contact: Email: krazy_kark@hotmail.com - www.karlwinsondance.moonfruit.com