

Zingy

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Mike Hitchen (UK) - May 2013
音樂: Together We Are Beautiful - Fern Kenny : (iTunes)



Cross Rock, Chasse 1/4 Turn Right, Walk Walk, Left Shuffle.

1-2 Cross rock right over left, Return weight to left.
3&4 Step right to side, Step left together, Step right ¼ turn right.
5-6 Walk forward left, Walk forward right.
7&8 Step left forward, Step right together, Step left forward.

Cross Rock, Chasse, Forward Rock Step, Coaster Step.

1-2 Cross rock right over left, Return weight to left.
3&4 Step right to side, Step left together, Step right to side.
5-6 Rock forward on left, Return weight to right.
7&8 Step left back, Step right together, Step left forward.

Rock Step, Shuffle ½ Turn Right, Step ¼ Right, Cross Shuffle.

1-2 Rock forward on right, Return weight to left.
3&4 Step right ¼ turn right, Step left together, Step right ¼ turn right .
5-6 Step left forward, Turn ¼ turn right. (Weight on right)
7&8 Cross step left over right, Step right to side, Cross step left over right.

Side Together Shuffle forward, Side Together Shuffle forward.

1-2 Step right to side, Step left together.
3&4 Step right forward, Step left together, Step right forward.
5-6 Step left so side, Step right together.
7&8 Step left forward, Step right together, Step left forward.

Rock Step, Coaster Step, Step ½ Turn Right, Full Turn Right.

1-2 Rock forward on right, Return weight to left.
3&4 Step right back, Step left together, Step right forward.
5-6 Step left forward, Pivot ½ turn right. (Weight on right)
7-8 Turn ½ turn right stepping left back, Turn ½ turn right stepping right forward.

Rock Step, Step Lock Step, Rock Step, Shuffle ½ Turn Left.

1-2 Rock forward on left, Return weight to right.
3&4 Step left back, Cross step right over left, Step left back.
5-6 Rock right back, Return weight to left.
7&8 Step right ¼ turn left, Step left together, Step right back ¼ turn left.

Walk Back LR, Behind Side Cross, Side Rock, Behind Side ¼ Turn Left.

1-2 Walk back left, Walk back right.
3&4 Step left behind right, Step right to side. Cross step left over right.
5-6 Rock right to side, Return weight to left.
7&8 Step right behind left, Step left ¼ turn left, Step right forward.

Step Lock, Step Lock Step, Step ½ Turn, Step ½ Turn.

1-2 Step left forward, Lock right behind left.
3&4 Step left forward, Lock step right behind left, Step left forward.
5-6 Step right forward, Turn ½ turn left.
7-8 Step right forward, Turn ½ turn left (Weight on left)

Alt. Last four counts - Alternative Bump hips RLRL
