

What You Mean To Me!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) - July 2013
音樂: #Beautiful (feat. Miguel) - Mariah Carey : (iTunes)



[1-8] Drag back, Walk, Walk, Hip bump, Step, Hip bump, Step

1,2 Step back onto right, Drag left towards right
&3,4 Step down onto left, Walk forward right, Walk forward left
5,6 Push right hip out, Step weight onto right
7,8 Push left hip out, Step weight onto left

[9-16] Step 1/4 cross, Rock recover, Behind side, Rock and Rock

1&2 Step forward onto right, Make 1/4 turn left stepping left to left side, Cross right over left
3,4 Rock left to left side, Recover back onto right
5,6 Step left behind right, Step right to right side
7&8& Rock forward on to left, Recover back onto right, Rock back onto left, Recover forward onto right

[17-24] Walk left, Walk right, Mambo forward, Walk back right, left, Coaster step

1,2 Walk forward left, Walk forward right
3&4 Rock forward onto left, Recover back onto right, Step back onto left
5,6 Walk back right, Walk back left
7&8 Step back onto right, Step left next to right, Step forward onto right

[25-32] 1/4 turn, Knee roll, Step, Knee roll, Rock recover, Behind 1/4 step

1,2 Make 1/4 turn right stepping left to left side, Roll right knee around
3,4 Step down onto right, Roll left knee around
5,6 Rock left to left side, Recover onto right
7&8 Step left behind right, Make 1/4 turn right stepping forward onto right, Step forward left

[33-40] Walk, Walk, 1/4 turn cross, Mambo forward, Coaster step

1,2 Walk forward right, Walk forward left
&3,4 Make 1/4 turn left stepping right to right side, Cross left over right, 1/4 turn right stepping forward onto right
5&6 Rock forward onto left, Recover onto right, Step back onto left
7&8 Step back onto right, Step left next to right, Step forward onto right

[41-48] 1/4 turn, Knee roll, Step, Knee roll, Rock recover, Behind 1/4 step

1,2 Make 1/4 turn right stepping left to left side, Roll right knee around
3,4 Step down onto right, Roll left knee around
5,6 Rock left to left side, Recover onto right
7&8 Step left behind right, Make 1/4 turn right stepping forward onto right, Step forward left

[49-56] Walk, Walk, 1/4 turn cross, Mambo forward, Coaster step

1,2 Walk forward right, Walk forward left
&3,4 Make 1/4 turn left stepping right to right side, Cross left over right, 1/4 turn right stepping forward onto right
5&6 Rock forward onto left, Recover onto right, Step back onto left
7&8 Step back onto right, Step left next to right, Step forward onto right

[57-64] Rock forward recover, 1/4 rock recover, Behind 1/4, Mambo step

1,2 Rock forward onto left, Recover back onto right
3,4 Make 1/4 turn left rocking left to left side, Recover onto right

5,6
7&8

Cross left behind right, 1/4 turn right stepping forward onto right
Rock forward onto left, Recover back onto right, Step back onto left.
