

I Bit My Lip

拍數: 30 牆數: 4
編舞者: Damian Brady - September 2013
音樂: Cry - Reba McEntire

級數: Newcomer - waltz



Section 1: Basic Waltz forward point with RF&LF

1-3 Step LF forward .RF forward - point to the right side, Hold
4-6 Step RF back step back on the LF point to the left side, Hold

Section 2: Step Forward and make a Quarter turn left with a sweep and Weave

1-3 Step LF forward. Sweep RF from the back forward while Making quarter turn left
4-6 Cross your RF over the LF, step LF to left side, step RF in Behind your LF (weave)

Section 3: Slide rock step by 2

1-3 Slide LF to the left side and rock RF behind LF
4-6 Slide RF to the right side and rock LF behind RF

Section 4: Basic waltz forward and back

1-3 LF forward RF forward together
4-6 RF back LF back together

Section 5: Half turn left and basic back

1-3 Step forward on your left while making half turn Left
4-6 Step back on the right step back left and come together

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