

C'mon C'mon

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Metzger (USA) - May 2014
音樂: San Francisco - The Mowgli's



Alt. music:-

“American Kids” by Kenny Chesney,

“Life is Better With You” by Michael Franti

Heel, Together, Heel, Together, Rocking Chair

1, 2 Touch R heel forward, Step R next to L
3, 4 Touch L heel forward, Step L next to R
5, 6 Rock forward on R, Recover to L
7, 8 Rock back on R, Recover to L

Step, Touch, Step, Touch with 1/8 Turn, Step, Touch with 1/8 Turn, Step, Kick (or Scuff)

1, 2 Step R to right, Touch L next to R and clap
3, 4 Turn 1/8 to the right and Step L to left, Touch R next to L and clap (1:30)
5, 6 Turn 1/8 to the right and Step R to right, Touch L next to R and clap (3:00)
7, 8 Step L to left, Kick (or scuff) R forward

Half Time Jazz Box with 1/4 Turn

1, 2 Cross R over left, hold
3, 4 Turn 1/4 right and step L back, hold (6:00)
5, 6 Step R to right, hold
7, 8 Step L forward, hold

Half Time Jazz Box with 1/4 Turn

1, 2 Cross R over left, hold
3, 4 Turn 1/4 right and step L back, hold (9:00)
5, 6 Step R to right, hold
7, 8 Step L forward, hold

Rock, Recover, Heel Strut, Rock, Recover, Heel Strut

1, 2 Rock forward on R, Recover to L
3, 4 Touch R heel forward, Step down onto R
5, 6 Rock forward on L, Recover to R
7, 8 Touch L heel forward, Step down onto L

Rock, Recover, Heel Strut, Rock, Recover, 1/4 Turn with Step to Side, Hold

1, 2 Rock forward on R, Recover to L
3, 4 Touch R heel forward, Step down onto R
5, 6 Rock forward on L, Recover to R
7, 8 Turn 1/4 left and step L to side, Hold (6:00)

Half Time Turning Jazz Box (with 3/4 Turn)

1, 2 Cross R over L, hold
3, 4 Turn 1/4 right and step L back, hold (9:00)
5, 6 Turn 1/4 right and step R to the side, hold (12:00)
7, 8 Turn 1/4 right and cross L over R, hold (3:00)

Extended Weave to Right with 1/4 Turn at End

1, 2 Step R to side, Cross L behind R

- 3, 4 Step R to side, Cross L over R
- 5, 6 Step R to side, Cross L behind R
- 7, 8 Turn $\frac{1}{4}$ right and step R forward, Step L next to R

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