

Bring It

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jamie Marshall (USA) - May 2014
音樂: "Bring It On Home" by Martina McBride and Gavin McGraw (Slow, Sexy)



Alt. music:-□

"Bartender" by Lady Antebellum

"Treasure" by Bruno Mars

"Basically any smooth rhythm"

A. □ TOE STRUT, TOE STRUT, SYNCOPATED WEAVE, STEP

1,2 Step R toe to R (1), Lower R heel, taking weight (2)
3,4 Cross L toe over R (3), Lower L heel, taking weight (4)
5,6 Step R to R (5), Cross L behind R (6)
&7,8 Step R to R (&), Cross L over R (7), Step R to R (8) (12:00)

B. □ TOE STRUT, TOE STRUT, SYNCOPATED WEAVE, STEP

9,10 Step L toe to L (9), Lower L heel, taking weight (10)
11,12 Cross R toe over L (11), Lower R heel, taking weight (12)
13,14 Step L to L (13), Cross R behind L (14)
&15,16 Step L to L (&), Cross R over L (15), Step L to L (16) (12:00)

C. □ STEP, ¼ L PIVOT w/ COUNTER CLOCKWISE HIP ROLL (2X), JAZZ TRIANGLE

17,18 Step R forward (17), Pivot ¼ L, taking weight on L, rolling hips counter-clockwise (18) (9:00)
19,20 Step R forward (17), Pivot ¼ L, taking weight on L, rolling hips counter-clockwise (18) (6:00)
21,22 Cross R over L (21), Step L back (22)
23,24 Step R to R (23), Step L next to R (24) (6:00)

D. □ LIFTING R HIP, TAP R TOE FORWARD, STEP ON R AS LOWER R HIP, ½ TURN L, LIFTING L HIP, TAP L TOE FORWARD, STEP ON L, ½ TURN L (2X)

25,26 Lifting R hip, tap R toe forward (25), Step on R, lowering R hip (26)
27,28 Turn ½ L, lifting L hip, tap L toe forward (27), Step on L, lowering L hip (28) (12:00)
29,30 Lifting R hip, tap R toe forward (29), Step on R, lowering R hip (30)
31,32 Turn ½ L, lifting L hip, tap L toe forward (31), Step on L, lowering L hip (32) (6:00)

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