

Pull Me Back

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Brandon Zahorsky (USA) - August 2014
音樂: Pull Me Back - Leah Turner : (iTunes)



[1-8] WIZARD STEP R, WIZARD STEP L, PIVOT ½ TURN, SHUFFLE FORWARD

1-2& Step R forward, lock L behind R, step R forward
3-4& Step L forward, lock R behind L, step L forward
5-6 Step R forward, pivot ½ turn over L shoulder (6:00)
7&8 Shuffle forward (R,L,R)

[9-16] FULL TURN, SHUFFLE FORWARD, PIVOT ¼ TURN, CROSSING SHUFFLE

1-2 Step back ½ turn over R shoulder, Step forward ½ turn over R shoulder on R (6:00)
3&4 Shuffle forward (L,R,L)
5-6 Step R forward, Pivot ¼ turn over L shoulder (3:00)
7&8 Cross R over L, Step L to side, cross R over L

(Restart happens here on the 2nd wall, Add An "&" Count To Step Down On L Foot To Side After Count 8 To Put Yourself Back On The L Foot To Start Your Dance Again On R Facing 9:00)

[17-24] STEP SIDE, ¼ SIDE, ¼ SIDE, ¼ SIDE, CROSS ROCK, SHUFFLE SIDE

1-2 Step L to side, Step back on R ¼ turn over R shoulder on R to side (6:00)
3-4 Step forward ¼ turn over R shoulder on L to side, Step back ¼ turn over R shoulder on R to side (12:00)

(This is a box step, you will hit every corner of the box)

5-6 Cross L over R, recover R
7&8 Shuffle side (L,R,L)

[25-32] ROCK, RECOVER, SHUFFLE ¼, PIVOT ½TURN, SHUFFLE FORWARD

1-2 Rock R over L, recover on L
3&4 Shuffle forward ¼ turn over R shoulder (R,L,R) (3:00)
5-6 Step L forward, pivot ½ turn over R shoulder (9:00)
7&8 Shuffle forward (L,R,L)

[33-40] MAMBO FORWARD, MAMBO BACK, ½ TURN PIVOT, WALK, WALK

1&2 Rock R forward, recover on L, step R next to L
3&4 Rock L back, recover on R, Step L next to R
5-6 Step R forward, Pivot ½ turn over L shoulder (3:00)
7-8 Walk forward R,L

[41-48] SHUFFLE FORWARD, ½ TURN PIVOT, SHUFFLE FORWARD, WALK, WALK

1&2 Shuffle forward (R,L,R)
3-4 Step L forward, pivot ½ turn over R shoulder (9:00)
5&6 Shuffle forward (L,R,L)
7-8 Walk forward R,L

(Restart happens here on the 4th wall facing 12:00)

[49-56] SCISSOR, SICISSOR, ¼ TURN, ¼ TURN, SHUFFLE FORWARD

1&2 Rock R to side, recover L, Cross R over L
3&4& Rock L to side, recover R, Cross L over R
5-6 Step back ¼ turn over L shoulder, Step Forward ¼ turn over L shoulder on L(3:00)
7&8 Shuffle forward (R,L,R)

[57-64] ROCK, RECOVER, COASTER STEP, ¾ TURN UNWIND

1-2 Rock L forward, recover R
3&4 Step L back, Step R next to L, Step L forward
5-8 Cross R over L, Unwind $\frac{3}{4}$ over L shoulder (weight ends on L foot)(6:00)
(Optional: cross your arms across your chest as you make the $\frac{3}{4}$ turn unwind)

RESTARTS:-

On Your 2nd Wall, Dance 16 Counts And Add A "&" Count To Put Yourself On The Correct Foot To Start Dance Facing 9:00.

Second Restart Happens On 4th Wall, Dance 48 Counts And Restart Dance Facing 12:00.

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Last Update - 13th Sept 2014
