

Beware Of The Dog

Compte: 32

Mur: 1

Niveau: Improver

Chorégraphe: Samantha Cooper

Musique: Beware of the Dog - Jamelia



JUMP FORWARD, HOLD, KNEE IN, HOLD, KNEE IN, HOLD, KNEE OUT, KNEE IN

- &1-2 Jump forward (with legs slightly apart), hold
- 3-4 Turn right knee in, hold
- 5-6 Turn left knee in, hold
- 7-8 Turn right knee out, turn right knee in

KICK CROSSES TWICE, SIDE ROCK, CROSS SHUFFLE

- 1&2 Kick right forward (slightly to the right diagonal), step back down on right, cross left over right
- 3&4 Repeat steps 1&2 (while doing these 4 steps, travel slightly to the right)
- 5-6 Rock right to right side, sway weight back over left (so the weight is now on the left)
- 7&8 Cross shuffle to the left

TURN ¼ RIGHT, TURN ¼ RIGHT, LEFT SHUFFLE FORWARD, ROCK FORWARD, ROCK BACKWARDS, FULL TURN RIGHT

- 1-2 Turn to right stepping back on left, turn right stepping forward on right
- 3&4 Left shuffle forward
- 5-6 Rock forward on right, bring weight back down onto left
- 7-8 Half turn to the right stepping onto right, half turn to the right stepping back onto the left

ROCK BACK, ROCK FORWARD, KICK AND POINT, CROSS UNWIND, ROCK BACK, ROCK FORWARD

- 1-2 Rock back on right, rock forward on left
- 3&4 Kick right out to the front, bring it back into place next to left, and point left to left side
- 5-6 Cross left over right, unwind ½ turn to the right
- 7-8 Rock back on right, rock forward on left

REPEAT

On the chorus where she sings 'stop' as you jump forward put your hands in front of you in a stop gesture
