Take Me Home



拍数: 32 墙数: 4 级数:

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音乐: Take Me Home - Jess Glynne



Out, out, arms up, arm right, 1&4 turn left, back, back, back, tripple step, 1&2 turn right, back, back stomp, RF right, right arm up

& LF left, left arm up

2 Right arm to the right, 1&4 turn left, weight on LF

3 RF back
& LF back
4 RF back
5 LF forward.

& recover weight RF

6 ½ turn right, weight on LF

7 RF back & LF back.

8 Stomp both heels on the floor

Back back touch,¾ turn right, side cross, rock, side cross rock,

1 RF back,

& LF back.

2 RF touch right

3 ¼ turn right, RF forward facing 15;00

4 tur right, LF close RF4 ½ turn right, RF right.

5 LF left

& RF cross forward LF

6 LF rock left 7 RF right

& LF cross forward RF

8 RF rock right

Back back back, arms movement dip down, back back ½ tur left, back back hold, behind side hold

1 LF back.& RF back.2 LF back

3 L arm forward& R arm forward

4 Dip down, head between the arms, weight on RF

5 LF back & RF back

6 ½ turn left, LF back facing 21:00

7 RF back. & LF back. 8 RF hold

Arm movements, ½ turn, sailor step, roll knees hold, heel stomps, bodyroll

1 RF back & LF back

2 ¼ turn right, RF right

3	L arm forward
&	R arm forward
4	½ turn right.
5	RF back
&	LF close RF
6	RF right
7	Roll right knee right
&	roll Left knee left.
8	Stomp both knees on floor, Body roll from legs to body

Start again