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
&	¼ tur right, LF close RF
4	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