拍数： 32
蟺数： 4
级数：Improver
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音乐：Project－Chase McDaniel

＊＊2 restarts after 16 counts on walls 4 and 8 （the first 2 times you start＠9：00）
Start 32 counts after the heavy beat in the intro music．Weight on R．．．．
Sec． 1 （1－8）Cross Back Rock，Recover，Side Rock，Recover，Cross Rock，Recover， $1 / 4$ Turn， $1 / 2$ Turn
1－2，3－4 $L$ back rock（angle body to $L$ ），recover to the $R$ ，$L$ side rock，recover to $R$
5－6 ross rock $L$ over $R$ ，recover weight to $R$ turning head to $L$ to begin the $1 / 4$ turn
$7.8 \quad 1 / 4$ turn $L$ stepping $L$ frwd，on the ball of $L 1 / 2$ turn $L$ stepping back on $R$

Sec． 2 （9－16）Step back，Touch，Step back，Touch，Hip Sways
$1,2,3,4 \quad$ Step $L$ back，Touch $R$ in front lifting $R$ hip，step $R$ back，touch $L$ in front lifting $L$ hip（weight stays on R here）
5－6－7－8 Placing weight evenly on both feet but keeping $L$ in front of and slightly to the left of the $R$ supporting leg，
Bend the knees a bit and sway hips forward，back，forward，back taking weight securely to the R leg
＊＊＊＊The RESTART happens here－－－－just remember to shift weight squarely on top of the R leg for count 8 and the restart is easy．
＊＊＊＊IMPORTANT STYLING NOTE＊＊＊After the 2nd restart it has a cool rap rotation that needs you to be a little more jagged instead of smooth．
Go for it and put a little more umph in the styling．
Sec． 3 （17－24）Cross，Sweep，Cross，Side，Behind，Sweep，Behind， $1 / 4$ Turn
1－2 Cross $L$ over R，Sweep $R$ back to front crossing in front of the body
3－4－5 $\quad$ Step $R$ down across $L$ ，step $L$ to $L$ side，$R$ behind $L$
6－7－8 Sweep $L$ front to back，step $L$ down behind $R, 1 / 4$ turn $R$ stepping $R$ forward
Sec． 4 （25－32）Forward Rock，Recover，Step Back，Together，Heels，Toes， $1 / 4$ Turn Heels，Sweep
1，2，3，4 L fwrd rock，recover to R，step L slightly back，bring $R$ next to $L$（angle body slightly to $R$ ）
$5,6,7 \quad$ Both heels to $R$ ，both toes to $R$ ，both heels to $R$ making $1 / 4$ turn to the left taking weight to the R
8 Sweep $L$ small circle $L$ to the back－right into the beginning of the dance

Last Update－ 29 May 2022

