

I Need Proof

拍数: 48 墙数: 2 级数: Improver
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音乐: You Proof - Morgan Wallen



#16 Count Intro, Aprox 8 Seconds, Start On The Lyrics Whiskey, Track Length 2.38

S1 Step Kick, Reverse Coaster Step, Step Pivot 1/4 L, Step Pivot 1/2 L

1.2 Step R forward, Kick L forward 12
3&4 Step L back, Bring R to L, Step L forward 12
5.6 Step R forward, Pivot 1/4 L (weight on L) 9
7.8 Step R forward, Pivot 1/2 L (weight on L) 3
(styling for counts 5.6.7.8, rotate hips as you paddle round)

S2 Cross Rock, Chases R, Syncopated Weave R

1.2 Cross rock R over L, Replace weight on L 3
3&4 Chases R, Step R to R, Bring L to R, Step R to R 3
5.6 Cross L over R, Step R to R 3
7&8 Cross L behind R, Step R to R, Cross L over R 3

S3 Step L Pivot 1/2 R Touch, Step R Pivot 1/2 L Touch, Step Lock Step

1.2 Step forward R, Pivot 1/2 L (this is a 1/2 turn touch weight on R) 9
3.4 Step forward L, Pivot 1/2 R (again this is a 1/2 touch weight on L) 3
5.6 Step forward R, Lock L behind 3
7&8 Step forward R, Lock L behind L, Step forward R 3
(when doing counts 1.2.3.4 try rotating your hips)

S4 Rock Replace, Shuffle 1/2 Turn L, Shuffle 1/2 R, L Coaster Step

1.2 Rock forward L, Replace weight on R 3
3&4 Shuffle 1/2 L, L.R.L 9
5&6 Shuffle 1/2 L, R.L.R 3
7&8 Step L back, Bring R to L, Step L forward 3

S5 Forward Tap, Back Tap, Back Rock, R Kick Ball Change

1.2 Step forward R, Tap L toe behind R 3
3.4 Step back on L, Tap R toe next to L 3
5.6 Rock back on R, Replace weight on L 3
7&8 Kick R forward, Bring R to L, Step L forward 3

S6 Rocking Chair, Jazz Box 1/4 R

1.2 Rock forward R, Replace weight on L 3
3.4 Rock back on R, Replace weight on L 3
5.6 Cross R over L, 1/4 R step back on L 6
7.8 Step R to R, Step L forward 6

It would be easy to choreograph tags & re-starts to this piece of music, but sometimes you just need to dance it through as it is. Good luck xx