

Mc Cha

拍数: 32 墙数: 4 级数: Improver social cha
编舞者: Michel Cabana (CAN)
音乐: Nothing On but the Radio - Gary Allan



ROCK, RECOVER WITH A HOOK, SHUFFLE FORWARD, ROCK, RECOVER WITH A HOOK, SHUFFLE FORWARD

1-2 Step slightly forward on the right, recover on the left as you hook right over left
3&4 Step forward on the right, step left beside right, step forward on the right
5-6 Step slightly forward on the left, recover on the right as you hook left over right
7&8 Step forward on the left, step right beside left, step forward on the left

ROCK, RECOVER, ¼ RIGHT SHUFFLE SIDE, CROSS, ¼ LEFT, ¼ LEFT SHUFFLE SIDE

1-2 Step forward on the right, recover on the left
3&4 Pivot ¼ turn right as you step right to the right, step left beside right, step right to the right
5-6 Cross left over right, pivot ¼ turn left as you step back on the right
7&8 Pivot ¼ turn left as you step left to the left, step right beside left, step left to the left

CROSS ROCK, RECOVER, SHUFFLE SIDE, CROSS ROCK, RECOVER, SHUFFLE SIDE

1-2 Cross right over left, recover on the left
3&4 Step right to the right, step left beside right, step right to the right
5-6 Cross left over right, recover on the right
7&8 Step left to the left, step right beside left, step left to the left

MODIFIED JAZZ BOX WITH ¼ TURN RIGHT

1-2 Cross right over left, pivot ¼ turn right as you step back on the left
3-4 Step right to the right, step forward on the left
5-6 Cross right over left, pivot ¼ turn right as you step back on the left
7-8 Step right to the right, step forward on the left

REPEAT

RESTART

On the 6th wall, restart after 28 counts (after the first jazz box)