Picture Perfect

拍数: 32

级数:

编舞者: Kathy Hunyadi (USA)

音乐: Picture Perfect - Angela Via

Start dance with "Now baby we've been friends..."

SIDE ROCK LEFT; LEFT SAILOR TURNING ¼ LEFT; RIGHT SAILOR; SIDE ROCK LEFT

- 1-2 Rock side left on left, recover weight to right
- 3&4 Cross left behind right turning ¼ to left, step right slightly side right, step left in place
- 5&6 Cross right behind left, step left slightly side left, step right in place
- 7-8 Rock side left on left, recover weight to right

CROSS STEP, HOLD; CROSSING SHUFFLE; REVERSE ½ MONTEREY; TOUCH, HOLD; CLAP TWICE

- &1-2 Step left slightly back, cross step right over left, hold
- &3&4 Step side left on left, cross step right over left, step side left on left, cross step right over left
- 5-6 Touch left out to side; turn ½ to left stepping left next to right
- 7&8 Touch right out to side; clap hands twice

SYNCOPATED CROSS ROCK STEPS; HEEL SWIVELS; OUT, OUT; IN, IN; HIP BUMPS LEFT, RIGHT, LEFT

- 1&2 Rock forward and across left with right, recover weight to left, rock to side on right
- &3 Recover weight to left, rock forward & across left with right (weight on balls of both feet)
- &4 Swivel right heel to right and left heel to left, swivel both heels back to center
- &5 Step right to right, step left slightly left (shoulder width apart)
- &6 Step right foot to center, step left next to right
- 7&8 Bump hips left, right, left

SIDE SHUFFLE RIGHT; ROCK, RECOVER; LEFT KICK BALL CHANGE; LEFT KICK BALL CHANGE

- 1&2 Right side shuffle (right, left, right)
- 3-4 Rock back on left, recover weight to right
- 5&6 Kick left foot forward, step slightly back on ball of left, step right foot in place
- 7&8 Kick left foot forward, step slightly back on ball of left, step right foot in place

REPEAT





墙数:4