She Makes Me

拍数: 64

级数: Intermediate

编舞者: Rosalie Mackay (AUS)

音乐: She Makes Me - Steven Anthony

SIDE, ROCK, CROSS, HOLD, QUARTER, HOLD, HALF-TURN BACK, BACK

- 1-2-3-4 Rock-step left to side, rock on to right, step left across right, hold
- 5-6-7-8 Turning ¼ turn right step right forward, hold, turning a further ½ turn right step left back, step right back

POINT SIDE, FRONT, SIDE, HOLD, BEHIND, SIDE, CROSS, HOLD

- Point left toe to side, front, side, hold 1-2-3-4
- 5-6-7-8 Step left behind right, step right to side, step left across right, hold

POINT SIDE, FRONT, SIDE, HOLD, BEHIND, SIDE, CROSS, HOLD

- 1-2-3-4 Point right toe to side, front, side, hold
- 5-6-7-8 Step right behind left, step left to side, step right across left, hold

FORWARD, LOCK, FORWARD, HOLD, HALF-TURN BACK, CROSS, BACK, HOLD

- 1-2-3-4 Step left forward, lock right behind left, step left forward, hold
- 5-6-7-8 Turning ¹/₂ turn left on ball of left step right back, step left across right, step right back, hold

LEFT COASTER (SLOW), HOLD, FOUR HIP BUMPS

- 1-2-3-4 Step left back, step right beside left, step left forward, hold
- 5-6-7-8 Step right forward and bump hips right, left, right, left

ROCK FORWARD/BACK, HALF-TURN, SCUFF, HALF-TURN, SCUFF, FORWARD, HOLD

- 1-2-3-4 Rock-step right forward, rock back on left, turning 1/2 turn right step right forward, scuff left
- 5-6-7-8 Turning ¹/₂ turn right on ball of right step left forward, scuff right, step right forward, hold

QUARTER-STEP, HOLD, BEHIND, SIDE, CROSS, QUARTER-TURN, HALF-TURN, HOLD

- 1-5 Turning ¼ turn right step left to side, hold, step right behind left, step left to side, step right across left
- 6-7-8 Turning 1/4 turn right step left back, turning 1/2 turn right step right forward, hold

PIVOT HALF-TURN, FORWARD, HOLD, FULL-TURN FORWARD, HOLD

- 1-2-3-4 Step left forward, pivot ¹/₂ turn right (weight on right), step left forward, hold
- 5-6-7-8 Traveling forward and turning full turn left step right, left, right, hold

REPEAT





墙数:4