2 Hot 2 Sleep

拍数: 32

级数: Improver

编舞者: Gaye Teather (UK)

音乐: Too Hot To Sleep - Collin Raye

KICK BALL CROSS TWICE, SIDE STOMP, ROCK X 3

- 1&2 Kick right foot forward, step right beside left, cross left over right
- 3&4 Kick right foot forward, step right beside left, cross left over right
- 5-6 Stomp right to right, bump hips to right
- 7-8 Bump hips left, bump hips right

When bumping hips, pop opposite knees in for added style

FORWARD ROCK, FULL TURN LEFT (TRAVELING BACKWARDS), BACK ROCK, SHUFFLE FORWARD

- 1-2 Rock forward on left, recover onto right
- 3-4 Half turn left stepping forward on left, half turn left stepping back on right (facing 12:00)
- 5-6 Rock back on left, recover onto right
- 7&8 Step forward on left, step right beside left, step forward on left

WEAVE LEFT, POINT, SYNCOPATED WEAVE RIGHT

- 1-2 Cross right over left, step left to left
- 3-4 Cross right behind left, point left to left side
- 5-6 Cross left over right, step right to right
- 7&8 Cross left behind right, step right to right, cross left over right

SIDE, QUARTER TURN LEFT, KICK BALL CHANGE, FULL TURN RIGHT (TRAVELING FORWARD)

- 1-2 Step right to right side, quarter turn left (facing 9:00)
- 3&4 Kick right foot forward, step right beside left, step left in place
- 5-6 Step forward on right, half turn right stepping back on left
- 7-8 Half turn right stepping forward on right, step forward on left

Option:

5-8 Four walks forward, right, left, right, left

REPEAT





墙数:4