

In This World

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Here In This World - Izak & West



CROSS ROCKS WITH ¼ TURN

1-2 Cross rock right over left; recover back onto left
3-4 Step right to right side; hold
5-6 Cross rock left over right; recover back onto right
7-8 Step left into ¼ turn left; hold

FORWARD, LOCK, FORWARD, RONDE', CROSS, STEP BACK, BACK, DRAG

1-2 Step forward on right; slide and lock left behind right
3-4 Step forward on right; draw with left toe from left across right (ronde')
5-6 Step down on left; step back on right
7-8 Step back on left; drag right back to left (weight stays on left)

CROSS ROCK, ¼ TURN, STEP FORWARD; ¼ PIVOT, STEP ACROSS, HOLD

1-2 Cross rock right over left; recover back onto left
3-4 Step right into ¼ turn to the right; hold
5-6 Step forward on left; pivot ¼ turn to the right
7-8 Step left across right; hold

HIP SWAYS WITH TURNS

1-2 Sway hips to the right; sway hips to the left
3-4 Sway hips ¼ turn right; hold
5-6 Sway hips left while turning ¼ turn right; sway hips to the right
7-8 Sway hips left while turning ¼ left; hold

ROCK STEPS, ½ TURN, ½ DRAW TURN, ROCK STEP, SIDE STEP, CROSS

1-2 Rock forward on right; rock back on left
3-4 Step back on right while turning ½ turn to the right; point left toe to left side and draw circle while spinning ½ turn right (weight ends on right)
5-6 Rock forward on left; rock back onto right
7-8 Step left to left side; cross step right over left

STEP BACK-SIDE-FORWARD-HOLD, STEP SIDE-TOGETHER-BACK-HOLD

1-2 Step back on left; step right to right side
3-4 Step forward on left; hold
5-6 Step right to right side; step left next to right
7-8 Step back on right; hold

STEP BACK DIAGONALLY, DRAG; ½ TURN; PIVOT ½ TURN, STEP FORWARD

1-2 Step back on left on a diagonal; drag right back to left (weight stays on left)
3-4 Step back on right on a diagonal; drag left back to right (weight stays on right)
5-6 Step left into ½ turn left; step forward on right
7-8 Pivot ½ turn left; step forward on right

SIDE STEPS WITH TOUCH. LONG STEP AND DRAG

1-2 Step left to left side; step right next to left
3-4 Step left to left side; touch right next to left

5-6 Long step to the right; start dragging left towards right

7-8 Continue dragging left towards right; step down on left next to right

Optional styling: on count 8 while stepping down extend both arms to the side and snap fingers and throw your chin back with attitude

REPEAT
