

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Judy McDonald (CAN)
音乐: Sweet Dreams My la Ex - Rachel Stevens



RIGHT TOUCH, SWEEP, RIGHT BALL CROSS, RIGHT STEP SIDE, LEFT STEP BEHIND, RIGHT SIDE ROCK & CROSS

- 1 Touch right beside left
- 2-3 Lift right slightly off floor and sweep from front to back
- &4 Step right behind left, step left across in front of right
- 5-6 Step right to side, step left behind right
- &7-8 Step right to side, step left in place, step right across in front of left

LEFT STEP SIDE, RIGHT STEP BEHIND, LEFT SIDE ROCK & CROSS, RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK

- 1-2 Step left to side, step right behind left
- &3-4 Step left to side, step right in place, step left across in front of right

You will be moving back after this, so prep your step to make the transition easier. In other words, this can be a "cross over while stepping slightly back" step

- 5&6 Step right back, step left beside right, step right back
- 7&8 Step left back, step right beside left, step left back

RIGHT ROCK BACK, LEFT STEP, RIGHT ROCK FORWARD, LEFT STEP, RIGHT ROCK BACK, LEFT STEP, RIGHT ¼ PIVOT, LEFT STEP

- 1-4 Step right back, step left in place, step right forward, step left in place
- 5-8 Step right back, step left in place, step right forward, pivot ¼ left step in place

RIGHT ROCK FORWARD, LEFT STEP, RIGHT COASTER, LEFT SHUFFLE FORWARD, RIGHT KICK STEP TOUCH

- 1-2 Step right forward, step left in place
- 3&4 Step right back, step left beside right, step right forward
- 5&6 Step left forward, step right beside left, step left forward
- 7&8 Right kick forward, step right beside left, touch left beside right

LEFT STEP, RIGHT SWEEP, RIGHT BALL CHANGE, RIGHT STEP DIAGONAL BACK, LEFT CROSS BALL CROSS, RIGHT STEP BACK

- 1 Step left to side
- 2-3 Lift right slightly off floor and sweep around and across left
- &4 Step right across left and slightly back, step left back
- 5-6 Step right back and slightly right, step left across in front of right
- &7-8 Step right back, step left across in front of right, step right back

These counts will move back and slightly on a diagonal to the right

LEFT COASTER, RIGHT ROCK FORWARD, LEFT STEP, RIGHT ROCK SIDE, LEFT STEP, RIGHT CROSS SHUFFLE

- 1&2 Step left back, step right beside left, step left back
- 3-4 Step right forward, step left in place
- 5-6 Step right to side, step left in place
- 7&8 Step right across in front of left, step left to side, step right across in front of left

LEFT SIDE ROCK STEP CROSS, RIGHT SIDE ROCK STEP CROSS

- 1-3 Step left to side, step right in place, step left across in front of right

4-6 Step right to side, step left in place, step right across in front of left
7&8 Step left back, step right beside left, step left forward

RIGHT KICK BALL CHANGE TWICE, RIGHT HEEL BOUNCE, LEFT HEEL BOUNCE, LEFT STEP

1&2 Kick right forward, step right back, step left forward

3&4 Kick right forward, step right back, step left forward

These steps move slightly forward

5-6& Step right slightly forward and bounce heel twice, step right beside left

7-8& Step left slightly forward and bounce heel twice, step left beside right

REPEAT
