

编舞者: Sarah-Jane Miller (UK) 音乐: Liquid Dreams - O-Town



SLIDE RIGHT LEFT, SIDE BEHIND SIDE. ROCK, RECOVER. HALF TURN

1-2 Slide right then left (when doing this throw weight as you slide)

As you do these slides move arms up to shoulder height

Step right to right side, step left behind right then step right to right side making a ¼ turn right Rock forward on left, then recover on right, then make a half turn left stepping back on left

7&8 Bump left right left

STEP RIGHT, LEFT SAILOR STEP, RIGHT SAILOR STEP, BOUNCE RIGHT LEFT ROCK HALF TURN

9 Step right foot diagonally

Step left behind right, step right to right side, step left to left diagonally

Step right behind left, step left behind right, step right to right diagonally

As you step right diagonally throw weight to right side, bend your knees and put both arms out to the right

14 Change weight from right leg to left leg and swing both arms over to the left

Rock forward on right, recover on left, make a ½ turn to the right by stepping ½ on right foot

FULL TURN, LEFT SHUFFLE, KICK RIGHT, STEP BACK BACK, SWIVEL LEFT TOE

17-18 Make a full turn to the left, stepping left right

19&20 Step left forward, step right forward, step left forward

21&22 Kick right forward, step back right left

23&24 Swivel left toe to left center left

KICK BALL CROSS, STEP SLIDE TURNING A 1/4 TO THE RIGHT, PIVOT 1/2 STEP SLIDE

25&26 Kick right diagonally to right, step back on right, cross left over right

27-28 Take a long step to the right, slide left to meet right, as you do this step a ¼ to the right

29-30 Step left forward, pivot ½ turn to the right on balls of feet

Take a long step forward on left, slide right to left, as you do this turn a ¼ to the right

REPEAT