Have A Little Patience



拍数: 48 墙数: 2 级数: Intermediate

编舞者: Jess Chilton (UK) 音乐: Patience - Take That



ROCK OUT, RECOVER, ROCK BACK, RECOVER, ROCK OUT, RECOVER, ROCK BACK, RECOVER

1-2-3-4 Rock out left to left side, recover on right, rock back on left, recover on right 5-6-7-8 Rock out left to left side, recover on right, rock back on left, recover on right

GRAPEVINE LEFT, HOLD, GRAPEVINE RIGHT, HOLD

1-2-3-4 Step left to left side, cross right behind left, step left to left side, hold 5-6-7-8 Step right to right side, cross left behind right, step right to right side, hold

SKATE LEFT, RIGHT, LEFT, RIGHT, ROCK RECOVER 1/2 TURN, LOCK FORWARD

1-2-3-4 Skate left, right, left, right

5-6 Rock forward on left, recover on right making a ½ turn to the left

7&8 Step forward on left lock right behind left

POINT FORWARD, POINT RIGHT TO RIGHT SIDE, POINT BACK, UNWIND ½ TURN, KICK BALL STEP BUMP BUMP

1-2-3-4 Point right forward, point right to right side, point right back, unwind ½ turn over right shoulder

5&6 Kick left forward& step down on right

7-8 Hip bumps right, left

KICK BALL CROSS, CHASSIS FORWARD, WALK LEFT, RIGHT, SWIVEL OUT IN

1&2 Kick right forward & cross left over right

3&4 Chassis forward leading right

5-6 Walk left, walk right

7-8 Swivel both feet out to the right then back in again to recover

WALK LEFT, RIGHT, STEP PIVOT TURN, ½ TURN, ½ TURN, WALK LEFT, RIGHT

1-2 Walk left, walk right

3-4 Step left pivot ½ turn over right

5-6 ½ stepping back on your left making another ½ turn stepping forward on right

7-8 Walk left, walk right

REPEAT