

Early Riser

拍数: 32 墙数: 4
编舞者: Maria Louise Gill (UK)
音乐: All Rise - Blue

级数: Improver



KICK STEP TOUCH, LOCK STEP, POINT, POINT, STOMP, SWIVEL

- 1&2 Kick right foot forward, step right foot behind left, touch left toe in front of right
- 3&4 Step left foot in front of right, lock right foot behind left, step left foot in front of right
- 5&6& Point right toe to right side, step right foot next to left, point left toe to left side, step left foot next to right
- 7&8 Step (stomp) right foot in front of left, swivel both heels to the right (weight on the balls of your feet), swivel both heels to the left

MAMBO CROSS X3, STEP ¼ TURN, REVERSE SCUFF, HITCH ¼ TURN, STEP

- 1&2 Rock right foot to right side, recover weight onto left foot, step right foot across left
- 3&4 Rock left foot to left side, recover weight onto right foot, step left foot across right
- 5&6& Rock right foot to right side, recover weight onto left foot, step right foot across left, step on left foot as you quarter turn to the right
- 7&8 Scuff right foot behind left, hitch right knee as you quarter turn to the right (with a small hop on the left to help you turn), step right foot to right side

ROCK FRONT, SIDE, SAILOR CROSS, ROCK FRONT, SIDE, SAILOR CROSS

- 1&2& Rock left foot in front of right, recover weight onto right foot, rock left foot to left side, recover weight onto right foot
- 3&4 Step left foot behind right, step right foot to right side, step left foot in front of right
- 5&6& Rock right foot in front of left, recover weight onto left foot, rock right foot to right side, recover weight onto left foot
- 7&8 Step right foot behind left, step left foot to left side, step right foot in front of left

PIVOT ½ TURN, SHUFFLE ½ TURN, ROCK, STEP, HITCH ¼ TURN, SLIDE, TOUCH

- 1-2 Step left foot in front of right, pivot ½ turn onto right foot
- 3&4 Shuffle forward on left, right, left as you ½ turn to the right
- 5&6& Rock right foot behind left, recover weight onto left foot, step right foot in front of left, hitch left knee as you quarter turn to the right (with a small hop on the right to help you turn)
- 7-8 Step left foot (wide) to left side, slide right foot towards left (ending with right toe touching next to left)

REPEAT

TAG

Danced once, after the third wall (you will be facing 3:00)

SHUFFLE, PIVOT TURN, SHUFFLE, PIVOT TURN

- 1&2 Step right foot in front of left, step left foot next to right, step right foot in front of left
- 3-4 Step left foot in front of right, pivot ½ turn onto right foot
- 5&6 Step left foot in front of right, step right foot next to left, step left foot in front of right
- 7-8 Step right foot in front of left, pivot ½ turn onto left foot