

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Bye, Bye, Bye - *NSYNC



POINT RIGHT FORWARD, POINT LEFT FORWARD, "SIT" AND UP, POINT LEFT FORWARD, POINT RIGHT FORWARD, "SIT" AND UP

- 1 Point forward right
- &2 Pull right back, taking weight on right and point left forward
- 3 Sit down
- 4 Stand up
- 5 Point left forward
- &6 Pull left back, taking weight on left and point right forward
- 7 Sit down
- 8 Stand up

On sits, roll shoulder forward and back

CROSS POINT (RIGHT OVER LEFT), CROSS POINT (LEFT OVER RIGHT) SAILOR RIGHT, SAILOR LEFT (TURNING ¼ TO RIGHT)

- 1 Cross right over left, taking weight on right
- 2 Point left toe to left side
- 3 Cross left over right, taking weight on left
- 4 Point right toe to right side
- &5&6 Sailor shuffle right, (brush right behind left, step left to left side, step right to right side)
- &7&8 Sailor shuffle left, (brush left behind right, step right to right side, step left to left side)

STEP FORWARD RIGHT, LEFT, LEAN BACK RIGHT SHOULDER TWICE, STEP FORWARD LEFT, RIGHT, LEAN BACK LEFT SHOULD TWICE

- 1 Step forward right
- 2 Step forward left
- 3-4 Pull right shoulder back twice (Pull shoulder from front to middle, then middle to back in two motions)
- 5 Step forward left
- 6 Step forward right
- 7-8 Pull left shoulder back twice (Pull shoulder from front to middle, then middle to back in two motions)

RIGHT COASTER STEP, STEP LEFT(TURNING ¼ RIGHT)TOUCH RIGHT, STEP OUT RIGHT DRAG LEFT IN, ROCK LEFT RECOVER

- 1&2 Coaster step (step right back, step left back, step forward right)
- 3 Step left turning ¼ to right
- 4 Touch right next to left
- 5 Step out wide on right
- 6 Drag left in to touch by right
- 7&8 Rock out left, recover (weight on left)

STEP FORWARD RIGHT, HOLD, MILITARY TURN LEFT (KEEPING WEIGHT ON RIGHT) HOLD, SIT AND UP, CROSS LEFT CROSS RIGHT AND TURN BACK AROUND TO RIGHT

- 1 Step forward right foot
- 2 Hold
- 3 Turn ½ to left
- 4 Hold

- 5 Sit
- 6 Up
- 7 Cross left over right
- 8 Unwind back to right to front

STEP SIDE RIGHT, HOLD, STEP LEFT BEHIND RIGHT, STEP RIGHT SIDE, LEFT ACROSS RIGHT, HITCH RIGHT KNEE UP, POINT RIGHT FOOT OUT TO SIDE, PULL RIGHT IN BESIDE LEFT FOOT WITH KNEES BENT, POINT RIGHT OUT TO SIDE AGAIN

- 1 Step right to right
- 2 Hold
- 3&4 Step left behind right, step right to right side, step left across right
- 5 Pull right knee into hitch position
- 6 Point right toe to right side
- 7 Pull right toe into touch position beside left foot
- 8 Point right toe to side

REPEAT

TAG

On the second time through, complete 1st 4 counts of 8 and 1st 4 counts of last 8 then begin again.
