

Step by Step

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - October 2009
音乐: Step by Step (Junior Vasquez Tribal X Beats) - Whitney Houston : (CD: Whitney The Greatest Hits)



Intro: 68 Counts from beginning of the track or 32 Seconds (Start just before the First set of Techno Vocals 'Step by Step' where the up tempo section starts) BPM: 126

Cross back. & Cross side. Sailor Step. Behind Unwind ½ turn.

- 1 – 2 Cross right over the left. Step back on the left.
- &3, 4 Step right foot to the right side. Cross left foot over the right. Step right foot to the right side.
- 5 & 6 Cross left foot behind the right. Step right out to the right side. Step left to the left side.
- 7 – 8 Cross right foot behind the left. Unwind a ½ turn right (make sure weight ends up in the right)

Cross back. & Cross side. Sailor Step. Behind Unwind ¾ turn.

- 1 – 2 Cross left foot over the right. Step back on the right.
- &3, 4 Step left foot to the left side. Cross right foot over the left. Step left foot to the left side.
- 5 & 6 Cross right foot behind the left. Step left out to the left side. Step right to the right side.
- 7 – 8 Cross left foot behind the right. Unwind a ¾ turn left (make sure weight ends up in the left)

Forward Rock. Triple turn. Left Rock. Shuffle ¾.

- 1 – 2 Rock forward on the right. Recover weight back onto the left.
- 3 & 4 Make a triple full turn to the right stepping: Right, Left, Right (Can replace with a right coaster step)
- 5 – 6 Rock forward on the left. Recover weight back onto the right.
- 5 & 8 Shuffle ¾ turn left stepping: Left, Right, Left (12.00)

Cross rock. Chasse ¼ turn. Step Pivot. ½ turn X2.

- 1 – 2 Cross rock right foot over the left. Recover weight back onto the left.
- 3 & 4 Step the right foot to the right side. Close left foot next to the right. Make a ¼ turn right stepping right forward.
- 5 – 6 Step forward on the left. Make a Pivot ½ turn right.
- 7 – 8 Make a ½ turn right stepping back on the left. Make a ½ turn right stepping right forward.

Point Crosses X2. Toe Switches. & Point Pivot ¼ turn.

- 1 – 2 Point the left foot out to the left side. Cross left foot over the right.
- 3 – 4 Point right foot out to the right side. Cross right foot over the left.
- 5 & 6 Point the left foot out to the left. Bring left foot in next to the right. Point right foot out to the right.
- &7, 8 Bring right foot in next to the left. Point left foot out to the left side. Make a ¼ turn left keeping weight in the right leg (left toe should be pointing forward on the 6.00 wall)

Left Coaster Step. Step touch. Back Lock step. Cross unwind ¾ turn.

- 1 & 2 Step back on the left. Step right next to the left. Step forward on the left.
- 3 – 4 Step forward on the right. Touch left foot behind the right.
- 5 & 6 Step back on the left. Lock right foot across the left. Step back on the left.
- 7 – 8 Cross right foot behind the left. Unwind a ¾ turn right (transfer weight into right foot)

Left rock. Coaster Step. Cross back. Sway Right. Sway Left.

- 1 – 2 Rock forward on the left. Recover weight back onto the right.
- 3 & 4 Step back on the left. Step right foot next to the left. Step forward on the left.

- 5 – 6 Cross right foot over the left. Step back on the left.
7 – 8 Step right foot to the right side swaying hips to the right. Sway hips to the left.

Cross rock. Right Chasse. Cross unwind full turn. Chasse Left.

- 1 – 2 Cross rock right over the left. Recover weight back onto the left.
3 & 4 Step right foot to the right side. Close left foot next to the right. Step right foot to the right side.
5 – 6 Cross left foot over the right. Unwind a full turn right. (Make sure weight is in the right foot).
7 & 8 Step left foot to the left side. Close right foot next to the left. Step left foot next to the right.

Enjoy!!
