Need A Little Sweetness

拍數: 64

級數: Improver

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音樂: Sugar - Maroon 5 : (iTunes)

#16 Count intro - One Restart, Wall 5 After 48 Counts

Section 1: Kick & Touch, Kick & Touch, Cross Back, Step lock Step.

- 1&2 Kick right forward, Step on right, Touch left to side.
- 3&4 Kick left forward, Step on left, Touch right to side.
- 5-6 Cross right over left, Step left back.
- 7&8 Step right back, Lock left over right, Step right back.

Section 2: Rock Step, Shuffle 1/2 Turn, Side hold, & Step Touch.

- 1-2 Rock back on left, Recover to right.
- 3&4 Step left 1/4 turn right, Step right together, Step left back 1/4 turn right.
- 5-6 Step right to right side, Hold.
- &7-8 Step left next to right, Step right to side, Touch left next to right.

Section 3: 3/4 Turn Left, Chasse 1/4 Turn left. Jazz box 1/4 Turn Right.

- 1-2 Step left 1/4 turn left, Turn 1/2 turn left stepping right back.
- 3&4 Step left 1/4 turn left, Step right together. Step left to side.
- 5-6 Cross right over left, Turn 1/4 turn right stepping back on left.
- 7-8 Step right foot to side, Touch left next to right.

Section 4: Side Chasse, Rock Step, Side Chasse, Rock Step.

- 1&2 Step left to side, Step right together, Step left to side.
- 3-4 Rock right behind left, Recover to right.
- 5&6 Step right to side, Step left together, Step right to side.
- 7-8 Rock back on left, Recover to right.

Section 5: Step Lock, Step Lock Step, Step Lock, Step Lock Step.

- 1-2 Step left slightly diagonal left, Lock right behind left.
- 3&4 Step left forward, Lock right behind left, Step left forward.
- 5-6 Step right slightly diagonal right, Lock left behind right.
- 7&8 Step right forward, Lock left behind right, Step right forward.

Section 6: Rock Step, 2 X Shuffle 1/2 Turns Left, Coaster step.

- 1-2 Rock forward on left, Recover to right.
- 3&4 Step left 1/4 turn left, Step right together, Step left 1/4 turn left.
- 5&6 Step right 1/4 turn left, Step left together, Step right back 1/4 turn left.
- 7&8 Step left back, Step right together, Step left forward.

Restart Here Wall 5

Section 7: Rock Step, Step Sweep, Step Sweep, Sailor 1/4 Turn Right.

- 1-2 Rock forward on right, Recover to left.
- 3-4 Step right back, Sweep left.
- 5-6 Step left back Sweep right.
- 7&8 Turn 1/4 turn right stepping right behind, step left to side, Step right to side.

Section 8: Cross Rock, 1/4 Left Shuffle, Rocking Chair.

- 1-2 Cross rock left over right, Recover to right.
- 3&4 Step left 1/4 turn left, Step right together, Step left forward.





牆數:4

- 5-6 Rock forward on right, Recover to left.
- 7-8 Rock back on right, Recover to left.

Happy Dancing