Better Box It Up



拍數: 64 牆數: 2 級數: Intermediate 編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2015 音樂: Stuck On a Feeling (feat. Snoop Dogg) - Prince Royce



Starts after 20 Counts.

Starts after 20 Courts.		
S1: Step, 1/2, Lock Step Back, Back, Together, Lock Step Forward.		
1-2	Step forward on Left, make 1/2 turn to Left stepping back on Right.	
3&4	Step back on Left, lock Right over Left, step back on Left.	
5-6	Step back on Right, step Left next to Right.	
7&8	Step forward on Right, lock Left behind Right, step forward on Right. ☐ (6.00)	
S2: Out Out & Cross, Side, Swivel, Point & Point & Point.		
&1	Step Left out to Left side, step Right out to Right side.	
&2	Step Left next to Right, cross step Right over Left.	
3	Step Left to left side.	
4&5	Swivel both heels Left, swivel both toes Left, swivel both heels Left.	
6&7	Point Right to Right side, step Right next to Left, point Left to Left side.	
&8	Step Left next to Right, point Right to Right side. (6.00)	
S3: Touch, Sto	omp, Behind 1/4 Side, Rock & Side, Hold & 1/4, Step 1/2.	
&1	Touch Right next to Left, stomp Right to Right side.	
2&3	Cross step Left behind Right, make 1/4 turn Right stepping forward on Right, step Left to Left side.	
4&5	Cross rock Right behind Left, recover on Left, step Right to Right side. ☐ (9.00)	
6&7	Hold, Step Left next to Right, make 1/4 turn to Right stepping forward on Right. (12.00)	
8&	Step forward on Left, pivot 1/2 turn to Right. ☐ (6.00)	
S4: Step, Lock & Step Lock & Touch, Slide, 1/4 Touch, Slide.		
1-2&	Step forward diagonal Left on Left, lock Right behind Left, step forward diagonal Left on Left.	
3-4&	Step forward diagonal Right on Right, lock Left behind Right, step forward diagonal Right on Right.	
5-6	Touch Left Heel forward, slide Left back next to Right as you pop Right knee forward.	
7-8	Make 1/4 turn to Right touching Right heel forward, slide Right foot back next to Left as you pop Left knee \square forward. (9.00)	
S5: Walk, Wall	k, Walk, Anchor Step, 1/2, 1/4, Step.	
1-3	Walk forward Left-Right-Left.	
4&5	Lock Right behind Left, Step down on Left, step back on Right.	
6-7	Make 1/2 turn to Left stepping forward on Left, 1/4 turn Left touching Right to Right side. (12.00)	
8	Take weight onto Right as you drag Left toward Right.	
S6: Cross, Scissor Cross, Side, Together, Cross, Rock Step, Cross.		

Step Right to Right side, step Left next to Right, cross step Right over Left.

Rock Right to Right side, recover on Left, cross step Right over Left. ☐ (12.00)

Step Left to Left side, step Right next to Left, cross step Left over Right.

S7: 1/4, Rock & Step, 1/2, Back, Back, Out Out In, Step.

Cross step Left over Right.

1

2&3

4-6

&7-8

1 Make 1/4 turn to Right stepping back on Left. ☐ (3.00)

2&3 Rock back on Right, recover on Left, step forward on Right.

4	Make 1/2 turn to Right stepping back on Left. (9.00)
5-6	Step back on Right sweeping Left out, step back on Left sweeping Right out.
7&	Step Right slightly back & out to Right side, step Left out to Left side.
8&	Step Right to centre, step forward Left.
S8: Step, 1/ 1-3	2, 1/2, Sailor 1/4 Cross, Side, Touch, Side, Together. Step forward on Right, pivot 1/2 turn to Left, 1/2 turn Left stepping back on Right. (9.00)
4&5	Make 1/4 turn to Left stepping Left behind Right, step Right next to Left, cross step Left over Right. □(6.00)
6-7	Step Right to Right side, touch Left next to Right.
8&	Step Left to Left side, step Right next to Left