Keep Me Around

拍數: 48

級數: Easy Intermediate

編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - March 2016

音樂: Keep Me Around - Turin Brakes : (CD: Lost Property or Single - On ITunes Or Amazon)

Start: On Lyrics Seconds: 23 Counts: 16 from heavy beat BPM: 98 No Tags – One Restart

WALK, WALK, ROCK, ¼ CROSS, LUNGE/PRESS, RECOVER, ¼ SAILOR TURN

- 1-2 Walk Forward Right, Left
- 3&4 Making ¼ Turn Left Rock Right To Right, Recover On Left, Cross Right Over Left 09:00
- 5-6 Press /Lunge Left To Left, Recover On Right
- 7&8 Make ¼ Turn Left Sweeping Left Behind Right, Step Right To Right, Step Left In Place 06:00

'TOUCH' HITCH STEP X 2, CROSS, POINT, 3/4 TURN, STEP

- 9-10 Touch Right Toe Forward, Slight Hitch Right Knee, Step Forward On Right
- 11-12 Touch Left Toe Forward, Slight Hitch Left Knee, Step Forward On Left
- 13-14 Cross Right Over Left, Point Left To Left
- 15-16 Make ³/₄ Turn Left Stepping Left By Right, Step Forward On Right 09:00

SIDE, TOGETHER, CROSS X 2 (SCISSOR STEPS), STEP BACK, DRAG, CROSS SHUFFLE

- 17&18 Step Left To Left, Step Right By Left, Cross Left Over Right
- 19&20 Step Right To Right, Step Left By Right, Cross Right Over Left
- 21-22 Take Big Step Back On Left, Drag Right By Left
- 23&24 Cross Left Over Right, Step Right By Left, Cross Left Over Right

SWAY, RECOVER, BACK, POINT, CROSS, SIDE, BEHIND, SIDE, CROSS

- 25-26 Sway Right To Right, Recover On Left
- 27-28 Cross Right Behind Left, Point Left Back
- 29-30 Cross Left Over Right, Step Right To Right,
- 31&32 Cross Left Behind Right, Step Right To Right, Cross Left Over Right

SKATE RIGHT, SKATE LEFT, SIDE SHUFFLE, CROSS, BACK, ¼ SHUFFLE

- 33-34 Skate Right, Skate Left
- 35&36 Step Right To Right, Left By Right, Right To Right
- 37-38 Cross Left Over Right, Step Back On Right
- 39&40 Making ¼ Turn Left Step Left To Left, Step Right By Left, Step Forward On Left 06:00

1/4 STEP TOUCH X 4 (DIAMOND TURN)

- 41-42 Making ¼ Turn Left Take Big Step Right To Right Diagonal, Touch Left By Right, Click Fingers 03:00
- 43-44 Making ¼ Turn Left Take Big Step Left To Left Diagonal, Touch Right By Left, Click Fingers 12:00

Restart Here During Wall 3 Facing 12:00

- 45-46 Making ¼ Turn Left Take Big Step Right To Right Diagonal, Touch Left By Right, Click Fingers 09:00
- 47-48 Making ¼ Turn Left Take Big Step Left To Left Diagonal, Touch Right By Left, Click Fingers 06:00

START AGAIN

Email: alan@alanbirchall.com - Website: http://www.alanbirchall.com



牆數:2