Sweet Lovin'

拍數: 32

級數: Improver

編舞者: Hana Ries (USA) - July 2017

音樂: Sweet Lovin' (Radio Edit) - Sigala & Bryn Christopher



Intro: 48 counts

(Read R=right foot, L=left foot)

STEP SIDE. HOLD AND CLAP. CROSS ROCK/RECOVER. ¼ TURN SHUFFLE. ½ TURN SHUFFLE

- 1,2,3,4 Step R to right side, Hold and Clap, Cross rock L over R, Recover to R
- 5&6 Make 1/4 turn left stepping LRL
- 7&8 Make 1/2 turn left stepping RLR

ROCK BACK/RECOVER, KICK-BALL-CHANGE, WALK, SHUFFLE FORWARD

1,2,3&4 Rock L back, Recover to R, Kick L forward, Step on ball of L next to R, Step R in place 5.6.7&8 Step L forward, Step R forward, Step L forward, Step R next to L, Step L forward For fun and when you get carried away, replace shuffle (counts 7&8) with 2 hops on left foot

ROCK/RECOVER, ¼ TURN SHUFFLE, JAZZ BOX-CROSS

1,2,3&4 Rock R forward, Recover to L, Make 1/4 turn right stepping RLR

5,6,7,8 Cross L over R, Step R back, Step L to left, Cross R over L

For styling shimmy shoulders during Jazz Box

STEP, DRAG-BALL-CROSS, ¼ TURN STEP, ROCK BACK/RECOVER, ½ TURN SHUFFLE

- 1,2& Long step L to left, Drag R towards L, Step on ball of R slightly behind L
- 3,4 Cross L over R, ¼ turn left stepping back on R
- 5.6.7&8 Rock L back, Recover to R, Make ¹/₂ turn right stepping LRL

REPEAT

Last Update - 1st August 2017





牆數: 4