A Little Dose of You

拍數: 32

級數: Improver

編舞者: Kim Robertson, Helen Lister & Kirsteen Currie (UK) - October 2017

音樂: Pain Killer - Little Big Town

Intro: 16 counts Section 1: walk, walk, anchor step, sweep back, sailor 1/4 turn	
3&4	Cross right behind left, Step left on Place, Step Slighty back right
5-6	Sweep left from front to back, step back slightly, sweep right from front to back slightly
7&8	Cross left behind right, $1\!\!\!/_4$ turn left stepping right to right side, step left to left side **
Section 2: C	ross rock, step, cross rock, step, cross, back, chasse 1/4 turn
1&2	Cross rock right over left, recover on left, step right to right side
3&4	Cross rock left over right, recover on right, step left to left side
5-6	Cross right over left, step back on left
7&8	1/4 Turn stepping right to right side, step left next to right, step right to right side
Section 3: C	ross and heel, rocking chair, side rock, cross & cross, 1/2 turn
1&2	Cross left over right, step back on right, touch left heel forward
&3&4	Step left next to right, rock forward on right, recover onto left, rock back on right
&5&6	Recover onto left, Rock right to right side, recover on left, cross right over left
878	Stop left to left side, cross right over left (body angled to left diagonal), upwind 1/2 turn left to

Step left to left side, cross right over left (body angled to left diagonal), unwind 1/2 turn left to &7-8 face left diagonal taking weight on left

Section 4: Triple full turn, rock 1/4 cross, point out, in, hitch & rock & step

- 1&2 Traveling forward to left diagonal, tripple full turn left, stepping right, left, right
- 3&4 Rock left to left side, recover onto right straightening up (6o'clock), Cross left over right
- 5&6 Point right to right side, touch right next to left, hitch right knee
- &7&8 Step down on right foot, rock left to left side, recover onto tight, Step left next to right taking weight

**Restart - Wall 7

Dance the first 8 counts, replacing 7&8 (sailor 1/4 Turn) with a coaster Step in place and Restart the dance

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牆數:2