My Sweet Baby



拍數: 32 牆數: 4 級數: Improver

編舞者: Ross Brown (ENG) - January 2024

音樂: My Sweet Baby - Paloma Faith : (CD: Chicken Run 2 Dawn Of The Nugget)



Intro: 8 Counts (Approx. 3 Seconds)

Tag: Danced at the End of Wall 4. See bottom of Script for details.

TOUCH, SIDE KICK. BEHIND, STEP 1/4 TURN L. SIDE 1/4 TURN L, TAP HEEL. SIDE, TAP HEEL.

1-2 Touch R next to L, kick R to the R.

3 – 4 Cross step R behind L, make a ¼ turn L stepping L forward.

5 – 6 Make a ¼ turn L stepping R to R, with L foot pointing to diagonal tap heel down.

7 – 8 Step L to L, with R foot pointing to diagonal tap heel down.

(6 O'CLOCK)

SIDE ROCK, BEHIND. X2. STEP 1/4 TURN R, SIDE.

1-2-3 Rock R to R, recover onto L, cross step R behind L.

4 – 5 – 6 Rock L to L, recover onto R, cross step L behind R.

7 – 8 Make a ¼ turn R stepping R forward, step L to L.

Note: Counts 6 – 7 – 8 may feel like a Sailor 1/4 turn R.

(9 O'CLOCK)

BEHIND, SWEEP BACK. BEHIND, SIDE. CROSS ROCK. STEP 1/4 TURN L, HITCH 1/4 TURN L.

1 – 2 Cross step R behind L, sweep L back.

3 – 4 Cross step L behind R, step R to R.

5 – 6 Cross rock L over R, recover onto R.

7 – 8 Make a ¼ turn L stepping L forward, make a ¼ turn L hitching R knee up.

Note: Counts 7 – 8 are the start of a Full Turn Roll L.

(3 O'CLOCK)

BACK 1/4 TURN L, HITCH 1/4 TURN L. SIDE, KICK FORWARD. JAZZ BOX with CROSS.

1 – 2 Make a ¼ turn L stepping R back, make a ¼ turn L hitching L knee up.

3 – 4 Step L to L, kick R forward.

5 – 6 Cross step R over L, step L back.

7 – 8 Step R to R, cross step L over R.

(9 O'CLOCK)

END OF DANCE!

TAG: DANCED AT THE END OF WALL 4, TURNING FROM FRONT TO BACK WALL.

1 – 2 Step R forward to R diagonal, hold for Count 2.

3 – 4 Pivot a ½ turn L, hold for Count 4. (Weight ends on L)