

Mer av dig!

拍數: 32 牆數: 4 級數: Improver
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音樂: Mer av dig - Theoz



Omstarter på vägg 2, 6 och 9

Intro: 16 Count

Restarts after 16 count wall 2, 6 and 9

Back, touch, forward, scuff. Extended cross shuffle. 1/4 left step forward

1-4 R foot back (1), L foot touch next to R (2), L step forward (3), R scuff forward (4)

***optional steps wall 8 / 1-4 Back R, out L, out R, jump up and land on L**

5&6&7 R cross step over L (5), L step side (&), R cross (6), L side (&), R cross (7)

8 Turn 1/4 left and step L forward [3:00]

Jazzbox 1/4 turn right. Side rock, together, side rock. Step together

1-4 R cross over L (1), step L back and turn 1/8 right (2), step R to side completing 1/4 turn (3), step L beside R (4) [12:00]

5&6&7 8 Rock R to side (5), recover to L (&), step R beside L (6), rock L to side (&), recover to R (7), Step L beside R (8)

• Restart wall 2, 6 and 9

Side, together, chassé 1/4 turn right, step turn 1/2, triple step full turn

1-2 Step R side (1), step L beside R (2)

3&4 Step R side (3), step L beside R (&), turn 1/4 right and step R forward (4) [9:00]

5 -6 Step L forward (5), turn 1/2 right and put weight onto R (6)

7&8 Turn 1/2 right on R and step L back (7), Turn 1/2 right on L and step R forward (&), step L forward (8) [3:00] *

*** No turning option, left shuffle forward**

7&8 Step L forward (7), step R beside L (&), step L forward (8)

Rock step, coaster step. Forward, together, forward, together, forward. Scuff-hitch

1-2 Rock R forward (1), recover to L (2)

3&4 Step R back (3), step L beside R (&), step R forward

5&6&7 Step L forward (5), step R beside L (&), L forward (6), R beside (&), L forward (7)

8 R scuff and hitch (8)

Start over

Optional steps first 4 count on wall 8 [3:00]

1-4 R step back (1), L step out to side (2), R step out to side(3), jump up and prepare for the cross shuffle after landing (4)

Ending wall 11

1-3 Step R out to side (1), right arm up (2), left arm up (3)