

Looking Back

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Whole Again - Atomic Kitten



ROCK BACK, FORWARD, STEP, ½ PIVOT, STEP, STEP, LOCK, STEP, LOCK, STEP

- 1-2-3&4 Step back on right foot (turning body & head to look back over right shoulder), rock forward on left, step right forward, pivot ½ turn left, step right forward
- 5-6-7&8 Traveling at 45 degrees forward left--step left forward, lock right behind left, step left forward, lock right behind left, step left forward

SIDE, HOLD & SIDE, HOLD, & SIDE ROCK, FULL TURN CHA-CHA

- 1-2&3-4 Step right to right, hold, step left beside right, step right to right, hold
- &5-6-7&8 Step left beside right, step right to right, replace weight on left turning full turn right cha-cha (right-left-right)

PUSH ROCK, BEHIND SIDE CROSS, PUSH ROCK, BEHIND SIDE CROSS

- 1-2-3&4 Step left forward at 45 degrees (pushing hips forward), rock back on right, step left behind right, step right to right, step left across right
- 5-6-7&8 Step right forward at 45 degrees (pushing hips forward), rock back on left, step right behind left, step left to left, step right across left

ROCK FORWARD BACK FORWARD, STEP ½ PIVOT, HOLD, BALL STEP, BALL STEP

- 1-4 Step left forward, rock back on right, rock forward on left, step right forward
- 5-6&7&8 Pivot ½ turn left, hold, traveling forward at 45 degrees left -- step right beside left, step left forward, step right beside left, step left forward

KICK CROSS, SIDE, CROSS, BALL CROSS, ½ TURN KNEE ROLLS, SIDE SHUFFLE

- 1-2-3&4 Kick right across left, kick right to right, kick right across left, step right to right, step left across right
- 5-6-7&8 Turning ½ turn right -- roll right knee to the right (take weight on it), followed by the left knee (end weight on left) or (step on right making ¼ turn right then left making ¼ turn right), side shuffle to your right (right-left-right)

CROSS ROCK, SIDE SHUFFLE, STEP ½ PIVOT, STEP FORWARD SLIDE

- 1-2-3&4 Step left across right, rock back on right, side shuffle to your left (left-right-left)
- 5-6-7-8 Step right forward, pivot ½ turn left, step right forward, slide left beside right (keep weight on right)

BACK DRAG, SAILOR STEP, BACK DRAG, COASTER STEP

- 1-2-3&4 Step left back, drag right to right side, step right behind left, step left to left, step right in place
- 5-6-7&8 Step left back, drag right to right side, step right back, step left beside right, step right forward

STEP HITCH, STEP HITCH, HIPS FORWARD BACK, TURNING ½ RIGHT HIPS RIGHT-LEFT-RIGHT

- 1-4 Step left forward, hitch right knee & slap with left hand, step right forward, hitch left knee & slap with right hand
- 5-6-7&8 Stepping left forward push hips forward on left, back on right, turning ½ turn right (with slight foot twist motion) push hips left-right-left (end with weight on left)

REPEAT