Something More

級數: Intermediate

編舞者: Bitte Nilsson (SWE)

音樂: Something More - Sugarland

ROCKING CHAIR, HALF TURN, HOLD, LEFT COASTER STEP

- 1-2 Rock forward on right foot, recover on left foot
- 3-4 Rock back on right foot, recover on left foot
- 5-6 Turn right ¹/₂ put weight on right foot, hold
- 7&8 Put left foot back, put right foot beside left, put left foot forward

ROCKING CHAIR, HALF TURN, HOLD, LEFT COASTER STEP

- 1-2 Rock forward on right foot, recover on left foot
- 3-4 Rock back on right foot, recover on left foot
- 5-6 Turn right ¹/₂ put weight on right foot, hold
- 7&8 Put left foot back, put right foot beside left, put left foot forward

RIGHT CHASSE, LEFT ROCK STEP BACK, LEFT CHASSE, RIGHT ROCK STEP BACK

- 1&2 Step right to right side, close left beside right, step right to right side
- 3-4 Rock back on left foot, recover on right
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Rock back on right foot, recover on left

RIGHT SHUFFLE, STEP TURN ½, SHUFFLE TURN ½, FULL TURN

- 1&2 Step right, put left beside, step right
- 3-4 Put left forward, turn ¹/₂ to the right, put weight on right
- 5&6 Make a shuffle and turn ½ to the right (left, right, left)
- 7-8 Turn ½ right and stand on right foot, turn ½ right and stand on left foot

RIGHT COASTER STEP, WALK TWICE, LEFT SIDE ROCK STEP, LEFT CROSS SHUFFLE

- 1&2 Step right foot back, put left beside right, step forward right
- 3-4 Walk left, right
- 5-6 Rock to left side, recover on right
- 7&8 Cross left foot over right, step slightly right on right, cross left over right

RIGHT SIDE ROCK STEP, RIGHT CROSS SHUFFLE, LEFT SIDE ROCK STEP, LEFT SAILOR TURN 1/4

- 1-2 Rock to right side, recover on left
- 3&4 Cross right over left, step slightly left on left, cross right over left
- 5-6 Rock to left side, recover on right
- 7&8 Step left behind right, at the same time turn ¼ left, step right to right side, step left in place

REPEAT

TAG

On second wall, after 36 counts make 4 hip sways (right, left, right, left) and start all over again After fourth wall, walk right, left, right heel, left heel, right shuffle, step turn ½ right. Do it one more time, beginning on left. End the tag with 4 hip sways (right, left, right, left). Start all over again After 5th wall do 2 hip sways (right, left)



拍數: 48

牆數:4