Sweet Sensations

拍數: 48

級數: Intermediate

編舞者: Jenifer Wolf (CAN)

音樂: It's Now Or Never - Travis Tritt

STEP, TOGETHER, BACK, HOLD, SIDE, TOGETHER, FORWARD, HOLD

- Step right side on right, step left beside right 1-2
- 3-4 Step back on right, hold
- 5-6 Step left side on left, step right beside left
- 7-8 Step forward on left, hold

ROCK STEP, TURN ¼, HOLD, STEP, TURN ½, TURN ¼, TOUCH

- 1-2 Step right over in front of left (weight on right), step left in place (rock step)
- 3-4 Turn ¼ right as you step forward onto right, hold
- 5-6 Step forward on left, turn 1/2 right (weight on right)
- 7-8 Turn ¼ right as you step to left side on left, touch ball of right beside left

SIDE ROCK, TOGETHER, HOLD, ROCK STEP, TURN ¼, HOLD

- 1-2 Step right to right side, shift weight onto left (in place)
- 3-4 Step right beside left (weight on right), hold
- 5-6 Step left over in front of right (weight on left), step right in place (rock step)
- 7-8 Turn ¼ left as you step forward on left, hold

STEP, TURN ½, TURN ¼, TOUCH, SIDE ROCK, TOGETHER, HOLD

- 1-2 Step forward right, turn 1/2 left as you step forward on left (weight on left)
- 3-4 Turn ¼ left as you step to right side on right, touch ball of left beside right
- 5-6 Step left side on left, shift weight onto right (in place)
- 7-8 Step left beside right, hold

STEP BACK, TOGETHER, BACK, HOLD, SIDE ROCK, CROSS, TURN 1/4

- Step right back, step back left beside right 1-2
- 3-4 Step right back, hold
- 5-6 Step left side on left, shift weight onto right (in place)
- 7-8 Cross left over right, turn ¼ right (unwind, weight onto left)

SIDE ROCK, TOGETHER, HOLD, SIDE ROCK, CROSS, TURN 1/4

- 1-2 Step right side on right, shift weight onto left (in place)
- 3-4 Step right beside left, hold
- 5-6 Step left side on left, shift weight onto right (in place)
- 7-8 Cross left over right, turn 1/4 right (unwind, weight onto left)

REPEAT

For the song, "it's now or never", only, there is an into. At the beginning of the music, when the instrumental comes in, start on the third beat. The music slows down close to the end, keep the dance in motion, it picks up again. At the end, weight is on left, hold for 2 beats, then bump hips, right, left, right, on counts 1,2, 3&4)





牆數:2