U, Choose!



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Julie Carr (UK) 音樂: Illegal - Shakira



RIGHT BACK, LEFT CROSS, RIGHT COASTER, LEFT FORWARD ROCK QUARTER TURN, LEFT HALF TURN, TOUCH LEFT TOE BACK

1-2	Right long step back, slide left over right (weight	tht on left)
1 - Z	RIGHT TOTAL STED DACK, SHOETEH OVER HUTH TWEN	anii on iein

3&4 Right coaster step

Left forward rock, recover back onto right, as you make a ¼ turn left 7-8 Make a ½ turn left as you step back on to right, touch left toe back

LEFT, BALL STEP, RIGHT HALF TURN, RIGHT TRIPLE FULL TURN, ¼ TURN LEFT, LEFT HALF TURN

&1-2 Left ball step forward onto right, make ½ turn right as you step back onto left

3&4 Make a full turn right traveling back stepping right, left, right

5-6 Make a ¼ turn left stepping forward onto left, step right to right (turn upper body left)

7&8 Make ½ turn left and step left over right, make ¼ turn left stepping back on right, ¼ turn left

as you step left to left side (face back wall)

TURN RIGHT, LEFT& RIGHT CROSS ROCK STEPS, TOUCH LEFT, SWEEP ¼ TURN LEFT, LEFT ROCK RECOVER ON RIGHT, LEFT STEP LOCK STEP FORWARD

1&2	Make ½ turn right stepping right over left, make ¼ turn as you stepping back	onto left. ¼ turn

right as you step right to right

3&4 Cross rock left over right, long step to left5&6 Cross rock right over left, long step to right

7-8 Left toe across right and sweep it round as you make a ¼ turn left to face 3:00

LEFT ROCK BACK, STEP LOCK STEP FORWARD, RIGHT ROCK ½ TURN, RIGHT-SIDE ROCK RECOVER

1-2	Rock back onto left behind right, step forward onto right
3&4	Left step forward, lock right behind left, step forward on left

Rock forward on right, recover onto left as you make a ½ turn right

7 ½ turn right as you step back on left
8& Rock right out to right, recover onto left

REPEAT

RESTART

For Shakira track, on wall 2, dance section 1 up to count 7, step back on left and restart the dance