Waiting To Cha

拍數: 32

級數: Intermediate

編舞者: Nancy Morgan (USA)

音樂: Waiting On the World to Change - John Mayer

Start on Vocals (Not when he counts down)

STEP SIDE, FORWARD ROCK, LOCK STEP BACK, BACK ROCK, LOCK STEP FORWARD

- 1-2-3 Step right foot to right side, step forward on left, step back on right
- 4&5 Step back on left, lock/step back on right as you cross right over left, step back on left
- 6-7 Back rock/step rock/step back on right and forward on left
- 8&1 Step forward on right, lock/step left behind right, step forward on right

STEP, ½ TURN PIVOT, FULL TURN, BACK ROCK, SIDE ROCK, STEP FORWARD

- 2-3 Step forward on left, pivot ½ turn to right
- 4&5 Step back on left ½ turn to right, step forward on right ½ turn to right, step back on left ½ turn to right

You should end at beginning wall, it is a full turn

- 6-7 Rock/step back on right and forward on left
- 8&1 Rock/step right foot to right side and back to left, cross step right in front of left

SIDE ROCK, STEP FORWARD, STEP BACK 1/4 TURN, FULL TURN, WALK, WALK

- 2&3 Rock/step left foot to left side and back to right, cross step left in front of right
- 4 Step right foot ¼ turn to left
- 5&6 Step forward on left as you turn $\frac{1}{2}$ turn to left, step forward on right, step forward on left as you turn $\frac{1}{2}$ turn to left
- 7-8 Walk forward, right, left

QUICKLY ROCK FORWARD AND BACK AND HEEL FORWARD, CROSS, TOUCH FORWARD SIDE, $\frac{1}{2}$ TURN (LIKE A MONTEREY) STEP FORWARD LEFT

- 1&2& Double time rock step rock forward on right, back on left, back on right and forward on left
- 3-4 Tap right heel forward, cross right foot over left (toes touching left side of left foot)
- 5-6 Touch right toes forward, touch right toes to right side
- 7 Push off of right foot pivoting on ball of left foot ½ turn to right (like doing a Monterey)
- 8 Step forward on left

REPEAT





牆數:4