World Of Our Own

拍數: 32

級數: Intermediate

編舞者: Carolyn Richards (UK)

音樂: World of Our Own - Westlife

HEEL, HEEL, COASTER STEP, HEEL, HEEL, COASTER STEP

- Two heel taps with the right foot, angled to the right diagonal 1-2
- 3&4 Step right foot back, step left foot beside right foot, step right foot forward
- 5-6 Two heel taps with the left foot, angled to the left diagonal
- 7&8 Step left foot back, step right foot beside left foot, step left foot forward

It's a good idea to make the heel taps bouncy and funky!

STEP HALF PIVOT, TRIPLE HALF TURN, COASTER STEP, KICK BALL CHANGE

- 9-10 Step forward on the right foot, pivot half turn by the left, with the weight remaining on the left foot
- 11&12 Stepping right, left, right make a half turn by the left
- 13&14 Step left foot back, step right foot beside left foot, step left foot forward
- 15&16 Kick right foot forward, step back onto ball of right foot, then change the weight by stepping down onto the left foot

HEEL JACKS, FORWARD ROCK, SAILOR STEP QUARTER TURN

- 17&18 Cross right foot in front of left foot, step left foot to left side, heel tap with the right foot angled to the right diagonal
- &19&20 Step back on right foot, cross left foot in front of right foot, step right foot to right side, heel tap with the left foot, angled to the left diagonal
- &21-22 Step onto left foot, rock forward on the right foot and recover weight onto the left foot
- 23&24 Step right foot back, step left foot to left side making a guarter turn to the left, step right foot to right side

CHASSE, JAZZ BOX QUARTER TURN, CHASSE QUARTER TURN, HEEL BALL CROSS

- Step left foot to left side, step right foot beside left foot, step left foot to left side 25&26
- 27&28 Cross right foot over left foot, step back on left foot making a guarter turn to the left, step right foot beside left foot
- 29&30 Step left foot to left side, step right foot beside left foot, step left foot to left side making a quarter turn to the left
- 31&32 Heel tap with the right foot, angled to the right diagonal, step back on the ball of the right foot, cross left foot over right foot

REPEAT

FINISH

For the last count of the dance (after you have completed the wall) pivot by the right to face the front (twisting by the right, keeping both feet in the same position) ending the dance with right foot forward and left foot back.





牆數:4