Deep Within

拍數: 32   牆數: 1   級數: Improver

編舞者: Sharon May (UK)

音樂: Spanish Eyes - Backstreet Boys

SIDE STEPS & CROSS TWICE, ROCK STEP, 1½ TURNS, STEP

1&2	Step right to right side, step left beside right, cross right over left
3&4	Step left to left side, step right beside left, cross left over right
5-6	Rock forward onto right, rock back onto left
7&8	Step back right making a ½ turn over right shoulder, step forward onto left making ½ turn over right shoulder, step back onto right making ½ turn over left shoulder (1 ½ turns)

ROCK STEP WITH A LIFT, COASTER STEP,¼ TURN, WALTZING SHUFFLE

9-10	Rock forward onto left with knees slightly bent, rock back onto right

As you rock back straighten the leg and raise up onto the ball of the foot. The foot in front should automatically lift with toes pointing forward. The fingers should be touching lightly at waste level during this movement and then brought up to chest level and then moved forward and out.

11&12	Step back left, step right beside left, step forward left
13-14	Rock forward onto right, rock back onto left making a ¼ turn left
15&16	Cross right over left, step left to left side, cross right over left.

SIDE STEPS & CROSS TWICE, ROCK STEP, 1½ TURNS, STEP

17&18	Step left to left side, step right beside left, cross left over right
19&20	Step right to right side, step left beside right, cross right over left
21-22	Rock forward onto left, rock back onto right
23&24	Step back left making ½ turn over left shoulder, step forward onto right making ½ turn over left shoulder, step back onto left making ½ turn over right shoulder (1 ½ turns)

ROCK STEP WITH A LIFT, COASTER STEP,¼ TURN, WALTZING SHUFFLE

25-26	Rock forward onto right with knees slightly bent, rock back onto left

The same as for steps 9-10

27&28	Step back right, step left beside right, step forward right
29-30	Rock forward onto left, rock back onto right making a ¼ turn right
31&32	Cross left over right, step right to right side, cross left over right

REPEAT