

My Place

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: David Sinfield (UK) & Darren Tubridy (UK) - July 2010
音樂: Live It Up - Mental As Anything : (Album: Fever 10)



Dance starts 5 seconds into the song

WEAVE LEFT, POINT, WEAVE RIGHT, POINT

1-3 Cross right over left, step left to left, cross right behind left
4 Point left to left side
5-7 Cross left over right, step right to right, cross left behind right
8 Point right to right side

CROSS POINT, CROSS POINT, CROSS UNWIND ½ TURN LEFT, KICK BALL STEP

1-2 Cross right over left, point left to left
3-4 Cross left over right, point right to right
5-6 Cross right over left, unwind ½ turn left (keeping weight on left)
7&8 Kick right forward, step right down, step left forward

ROCK STEP, COASTER, ROCK STEP, COASTER

1-2 Rock right forward, replace weight onto left
3&4 Step right back, step left beside right, step right forward
5-6 Rock left forward, replace weight onto right
7&8 Step left back, step right beside left, step left forward

CROSS SIDE, SAILOR SHUFFLE, CROSS SIDE, SHUFFLE BACK WITH ¼ LEFT

1-2 Cross right over left, step left to left
3&4 Cross right behind left, step left to left, step right in place
5-6 Cross left over right, step right to right
7&8 Shuffle ¼ turn left back stepping left-right-left

BACK ROCK, RIGHT SHUFFLE, ROCK STEP, COASTER

1-2 Rock back right, replace weight onto left
3&4 Step right forward, close left beside right, step right forward
5-6 Rock left forward, replace weight onto right
7&8 Step back left, close right beside left, step forward left

ROCK STEP, SHUFFLE ½ TURN RIGHT, STEP TURN, STEP TURN

1-2 Rock forward right, replace weight onto left
3&4 Shuffle ½ turn right stepping right-left-right
5-6 Step forward left, pivot ¼ turn right
7&8 Step forward left, pivot ¼ turn right

ROCK STEP, SHUFFLE ½ TURN LEFT, STEP TURN, STEP TURN

1-2 Rock forward on left, replace weight onto right
3&4 Shuffle ½ turn left stepping left-right-left
5-6 Step forward right, pivot ¼ turn left,
7-8 Step forward right, pivot ¼ turn left

CROSS SIDE, SAILOR SHUFFLE, CROSS SIDE, SAILOR SHUFFLE

1-2 Cross right over left, step left to left
3&4 Cross right behind left, step left to left, step right to right

5-6
7&8

Cross left over right, step right to right
Cross left behind right, step right to right, step left to left
