Box It Up!



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Craig Bennett (UK) - September 2010 音樂: Box of Secrets - Zarif: (CD Single)



(1-8) Step, Touch, Behind side cross and cross, Point, behind 1/4 Step

1-2 Step forward onto right, Touch left toe in front of right

3&4 Step left behind right, Step right to right side, Cross left over right

&5-6 Step right to right side, Cross left over right, Touch right toe to right side

7&8 Step right behind left, Step forward on to left making ¼ turn left, Step forward onto right

(9-16) Step 1/2, Step 3/4, Touch and Touch, Touch coaster step

1-2 Step forward onto left, Make ½ turn right

3&4 Step forward onto left, make ½ turn left stepping back onto right, Make ¼ turn left stepping

left to left side

Touch right next to left, Step right to right side, touch left next to right, Step left to left side,

touch right next to left

&8& Step back onto right, Close left next to right, Step forward onto right

(17-24) Jazz box, Knee pop, Bump and bump, Kick and cross

1-2 Cross left over right, step back onto right

3-4 Step left to left side, Pop right knee in towards left

5&6& Bump right hip to right, Back to left, Bump hip to right, Back to left Kick right to right side, Step right to right side, Cross left over right

(25-32) Rock recover, Behind 1/2 step, Rock recover, Behind 1/2 step

1-2 Rock right to right side, recover onto left

3&4 Step right behind, Make ¼ turn left stepping forward onto left, Step forward onto right

5-6 Rock forward onto left, Recover back onto right

7&8 Step back onto left, Make ½ turn right stepping forward onto right, step forward onto left

Begin Again

Restarts:

Wall 1 after count 20 (jazz box)

Wall 4 after count 20 add a 2nd jazz box then restart