

Ambitions

拍數: 64 牆數: 4 級數: Intermediate
編舞者: James Himsworth (UK) - October 2010
音樂: Ambitions - Joe McElderry



Start the dance 32 counts after vocals when the beat starts

Right Side Close Side Back Rock, Step Left Turn ½ Left Shuffle

1&2 Chassé side right, left, right
3-4 Rock left back, recover to right
5-6 Step left forward, turn ½ right (weight to right)
7&8 Chassé forward left, right, left

Right Rock Behind Side Cross, Side Rock Cross Shuffle

1-2 Rock right to side, recover to left
3&4 Cross right behind left, step left to side, cross right over left
5-6 Rock left to side, recover to right
7&8 Crossing chassé left, right, left

Right Toe Strut, Cross Toe Strut Side Close Side Back Rock

1-2 Toe strut right to side
3-4 Cross left toe strut over right
5&6 Chassé side right, left, right
7-8 Rock left back, recover to right

Vine Left, Side Close Side Back Rock

1-2 Step left to side, cross right behind left
3-4 Left to side, cross right over left
5&6 Chassé side left, right, left
7-8 Back rock on right, recover to left

Kick Ball Cross Twice, Side Rock Behind ¼ Step

1&2 Right kick ball cross left over right
3&4 Right kick ball cross left over right
5-6 Rock right to side, recover to left
7&8 Cross right behind left, ¼ left and step left forward, step right forward

Step Hold & Step Hold & Rock Shuffle Back

1-2 Step left forward, hold
&3-4 Step right up to left, step left forward, hold
&5-6 Step right up to left, rock left forward, recover to right
7-8 Step left back, step right to left, step left back

Point Behind Unwind ½ Left Shuffle, Right Rock Coaster Step

1-2 Point right toe behind, unwind ½ right
3&4 Chassé forward left, right, left
5-6 Rock right forward, recover to left
7&8 Step right back, step left together, step right forward

Step ½ Shuffle ½ Back Rock Walk Right Left

1-2 Step left forward, turn ½ right (weight to right)
3&4 Shuffle turn ½ right and step left, right, left

5-6 Rock right back, recover to left
7-8 Step right forward, step left forward

Repeat

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Kick & Point Right & Left, Right Rocking Chair

1&2 Kick right forward, step right to place, touch left to side
3&4 Kick left forward, step left to place, touch right to side
5-6 Rock right forward, recover to left
7&8 Rock right back, recover to right

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Kick & Point Right & Left, Right Rocking Chair

1&2 Kick right forward, step right to place, touch left to side
3&4 Kick left forward, step left to place, touch right to side
5-6 Rock right forward, recover to left
7&8 Rock right back, recover to left

Right Rock Shuffle ½ Step ½ Left Shuffle

1-2 Rock right forward, recover to left
3&4 Shuffle turn ½ right right, left, right
5-6 Step left forward, turn ½ right (weight to right)
7&8 Chassé forward left, right, left
