

Doubled Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Robert Lindsay (UK) - March 2011
音樂: Inside Out (Latin Mix) - Imelda May & Blue Jay Gonzalez



64 Count Intro. Start dance on lyrics.

[1-8] ½ Turn Rhumba Box with Touches

- 1-2 Step right to right side. Step left beside right.
- 3-4 Stepping forward, step right ¼ turn right. Touch left beside right.
- 5-6 Step left to left side. Step right beside left.
- 7-8 Stepping back, step left ¼ turn right. Touch right beside left.

[9-16] Step Hold, Cross Rock, Recover. Step Hold. Cross Rock, Recover

- 1-2 Step right to right side. Hold.
- 3-4 Cross rock left over right. Recover weight onto right.
- 5-6 Step left to left side. Hold.
- 7-8 Cross rock right over left. Recover weight onto left.

[17-24] ¼ Step, Hold, Step ½ Turn Pivot, ½ Turn, Hold, Behind, Side.

- 1-2 Step right ¼ turn right. Hold.
- 3-4 Step forward left. Pivot ½ turn right.
- 5-6 Turning ½ turn right, step back on left. Hold.
- 7-8 Step right behind left. Step left to left.

[25-32] Slow Crossing Shuffle with Hold, Rock, Recover, Cross, Hold.

- 1-2 Cross right over left. Step left beside right.
- 3-4 Cross right over left. Hold.
- 5-6 Rock left to left. Recover weight onto right.
- 7-8 Step left across in front of right. Hold.

Contact Email: robertmlindsay@hotmail.com