Let It Bay - Be



拍數: 16 牆數: 4 級數: Beginner

編舞者: Tina Argyle (UK) - March 2011

音樂: Let It Be - Katie Stevens: (American Idol Album Season 9)



Count In: 16 counts from start of track - start dancing with lyrics.

Right Nightclub Basic. Left Nightclub Basic.

1 Take big step to right side.

2& Rock back left. Recover weight onto right.

3 Take big step to left side.

4& Rock back right. Recover weight onto left.

Side, Sweep. Extended Weave.

Take big step to right side, sweeping left leg anti- clockwise at the same time.

6 Cross left behind right.

&7 Step right to right side. Cross left over right.&8 Step right to right side. Cross left behind right.

& Step right to right side.

Left Cross Rock, Recover. Step. Right Cross Rock, Recover. Step.

9 Rock left over right.

10& Recover weight onto right. Step left to left side.

11 Rock right over left.

12& Recover weight onto left. Step right to right side.

Cross 1/4 Turn. Step. Walk. Walk.

13 Cross left over right.

14& 1/4 turn left stepping back right. Step left to left side.

Step forward right.Step forward left.

Optional Easy Peasy Lemon Squeezy Ending!!

On final wall (4th time you start facing 12 o'clock) - Dance up to count 7. Hold. Then slowly unwind with the music a full turn right to face front.

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