

Spin Cycle

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Lindsay Stamp (USA) - February 2020

Musique: 1, 2 Many - Luke Combs & Brooks & Dunn



#16 count Intro

(1-8) Right Foot Lead

- 1, 2 Point right toe beside left foot, step right. Point left toe beside right foot
- &3, &4 Step left, put right heel out. Step right together, bring left toe beside right foot
- &5, &6 Step left, put right heel out. Step right together, Step left
- &7, &8 Step Right, Put left heel out. Step left together, Stomp right foot beside left

(9-16) Right Foot Lead

- 1, 2 Rock/Stomp Right forward, recover left
- 3, 4 Rock/Stomp Right backwards, recover left
- 5, 6, 7, 8 Walk forward right, left, right, left

(17-24) Right Foot Lead

- 1, 2 Rock forward right, recover left
- 3, &4 Shuffle backwards – right, left, right
- 5, 6 Half turn counterclockwise step down with left foot, Half turn counterclockwise step down with right foot
- 7, 8 Half turn counterclockwise step down with left foot, Bring right foot beside left

(25-32) Right Foot Lead

- 1, 2 Monterey turn $\frac{1}{4}$ clockwise. Point right toe right, Step right together as you make a $\frac{1}{4}$ turn
- 3, 4 Complete Monterey turn. Point left toe to the left, Step left together
- 5, 6 Monterey turn $\frac{1}{2}$ clockwise. Point right toe right, Step right together as you make a $\frac{1}{2}$ turn
- 7, 8 Complete Monterey turn. Point left toe to the left, Step left together

(33-40) Right Foot Lead

- 1, 2 Rock forward Right, recover left
- 3, 4 Point right foot backwards, pivot backwards $\frac{1}{2}$ turn clockwise. Step right
- 5, 6 Full turn clockwise. (Step left for $\frac{1}{2}$, step right for $\frac{1}{2}$)
- 7, &8 Shuffle forward. Left, right, left

(41-48) Right Foot Lead

- 1, &2 Rock sideways right, recover left. Step right
- 3, &4 Rock sideways left, recover right. Step left
- 5, 6 Rock sideways right, recover left
- 7, 8 Turn $\frac{1}{2}$ clockwise stepping down on right. Turn $\frac{1}{2}$ clockwise stepping down on left

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