

Renaissance

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Michael Vera-Lobos (AUS)

Musique: Tender Heart - Lionel Richie

ROCK FORWARD, ROCK BACK, LOCK SHUFFLE BACK, ROCK BACK, ROCK FORWARD, FULL TRIPLE

1-2-3&4 Rock forward right, rock back on left, lock shuffle back on right stepping right-left-right

5-6-7&8 Rock back on left, rock forward on right, traveling forward turn full turn right stepping left-right-left

ROCK FORWARD, ROCK BACK, RIGHT COASTER, ROCK SIDE, ROCK CENTER, CROSS SHUFFLE

1-2-3&4 Rock forward right, rock back on left, step back on right, step left beside right, step forward on right

5-6-7&8 Rock left to left, rock weight center on right, cross shuffle left over right stepping left-right-left

4 ROCK SIDE, ¼ TURN, STEP FORWARD, ½ TURN, CROSS ROCK/REPLACE, CROSS ROCK/REPLACE CENTER

1-2-3-4 Rock step right to right, pivot ¼ turn left, step forward on right, pivot ½ turn left

5-6&7-8& Cross rock right over left, rock back onto left, step right to center & cross rock left over right, rock back onto right & step left to center

2 ROCK FORWARD, ROCK BACK, 1 ½ TRIPLE RIGHT, ROCK FORWARD, ROCK BACK, COASTER

1-2-3&4 Rock forward on right, rock back on left, turn 540 degrees right traveling back stepping right-left-right (opt: shuffle)

5-6-7&8 Rock forward on left, rock back on right, left coaster - step back on left, step right beside left, step forward left

CROSS ROCK/REPLACE, CROSS ROCK/REPLACE, CENTER ROCK FORWARD, ROCK BACK, 1 ½ TRIPLE RIGHT

1-2&3-4& Cross rock right over left, rock back onto left, step right to center & cross rock left over right, rock back onto right & step left to center

5-6-7&8 Rock forward on right, rock back on left, turn 540 degrees right traveling back stepping right-left-right (opt: shuffle)

ROCK FORWARD, ROCK BACK, COASTER, SIDE ROCK/REPLACE, BEHIND, SIDE CROSS

1-2-3&4 Rock forward on left, rock back on right, left coaster - step back on left, step right beside left, step forward left

5-6-7&8 Rock right to right, rock weight back to left, cross right behind left, step left to left, cross right over left

SIDE ROCK /REPLACE, CROSS SHUFFLE, STEP ¼, STEP ½, STEP FORWARD, ¾ PIVOT

1-2-3&4 Rock left to left, rock weight center on right, cross shuffle left over right stepping left-right-left

5-6-7-8 Step right to right turning ¼ turn left, step back on left turning ½ turn left, step forward on right, pivot ¾ turn left (end weight on left)

ROCK FORWARD/BACK, ¼ TOGETHER, SIDE, CROSS ROCK/REPLACE, SIDE, TOGETHER ¼

1-2-3&4 Rock forward on right, rock back on left, turning ¼ turn right side shuffle right stepping right-left-right

5-6-7&8 Cross rock left over right, rock weight back onto right, side shuffle left turning ¼ turn left

REPEAT

RESTART

On wall 1 & 3 only do the first 56 counts and restart the dance as normal.

On wall 6 you only do the first 28 & counts (1 ½ triple & step center on left) and start again.
