

Barriers

拍数: 48 墙数: 4 级数: Improver
编舞者: Ann-Kristin Sandberg (NOR) - September 2014
音乐: Barriers - Jessica Mauboy : (iTunes)



Intro : 16 Counts (11 sec)

FORW-PIVOT ½ TURN R-FORW-PIVOT 1/2 TURN L-ROCK RECOVER-ROCKING CHAIR SIDE & BACK

1-2& Step right forw, Step left forw, Pivot ½ turn right stepping right forw (06)
3-4& Step left forw, Step right forw, Pivot ½ turn left stepping left forw (12)
5-6 Step right to right side, Recover onto left
7&8& Step right back, Recover onto left, Step right to right side-Recover onto left

STEP-ROCK RECOVER-1/2 TURN L-1/4 TURN R-CROSS-1/4 TURN R-STEP-ROCK RECOVER-1/4 TURN R

1-2& Step right foot forw, Step left foot forw, Recover onto right
3-4& ½ turn left stepping left forw, ¼ turn left stepping right to right side, Cross left behind right (03)
5-6 ¼ turn right stepping right forw, Step left forw
7&8 Step right forw, Recover onto left, ¼ turn right stepping right forw (09)

STEP-PIVOT ½ TURN R-1/2 TURN R-1/2 TURN R-STEP-ROCK RECOVER-TOUCH-CROSS SHUFFLE

1-2 Step left forw, Pivot ½ turn right stepping right forw
3&4 ½ turn right stepping left back, ½ turn right stepping right forw (03),Left forw
5&6 Step right forw, Recover onto left, Touch right to right side
7&8 Cross right over left, Step left to left, Cross right over left

BASIC STEPS-1/4 TURN L-WALK x 2-1/4 TURN SHUFFLE

1-2& Step left to left side, Step right back, Recover onto left
3-4& Step right to right side, Step left back, Recover onto right
5-6 ¼ turn left stepping left forw, Step right forw (12)
7&8 ¼ turn left stepping left forw, Step right next to left, Step left forw(09)

ROCKING CHAIR R SIDE & FORW-ROCK RECOVER-BESIDE-ROCKING CHAIR L-SIDE & FORW-ROCK RECOVER-BESIDE

1&2& Step right to right side, Recover onto left, Step right forw, Recover onto left
3&4 Step right to right side, Recover onto left, Step right next to left
5&6& Step left to left side, Recover onto right, Step left forw, Recover onto right
7&8 Step left to left side, Recover onto right, Step left next to right

MAMBO STEPS-STEPS BACK-BESIDE-FORW-TOUCH

1&2 Step right forw, Recover onto left,Step right next to left
3&4 Step left back, Recover onto right,Step left next to right
5-6& Step right back, Step left back, Step right next to left
7-8 Step left forw, Touch right next to left

RESTART : Wall 5 facing 12.....Restart dance after 32 counts facing 09.

ENJOY!!

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