

Every Breath

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gordon Elliott (AUS) - October 2014
音乐: Every Breath You Take (Glee Cast Version) - Glee Cast : (Album: Every Breath You Take - CD Single)



Introduction : 32 Beats. - Original Position: Feet Together Weight On The Left Foot.

SIDE STRUT, SHUFFLE ACROSS, SIDE, ROCK, SHUFFLE ACROSS

1, 2 Strut : Step R Toe To The Side, Drop R Heel To The Floor,
3 & 4 Shuffle Left Across In Front Of Right Step : L-R-L,
5, 6 Step R To The Side, Side Rock Onto L,
7 & 8 Shuffle Right Across In Front Of Left Step : R-L-R.

SIDE STRUT, SHUFFLE ACROSS, SIDE, ROCK, SHUFFLE ACROSS

1, 2 Strut : Step L Toe To The Side, Drop L Heel To The Floor,
3 & 4 Shuffle Right Across In Front Of Left Step : R-L-R,
5, 6 Step L To The Side, Side Rock Onto R,
7 & 8 Shuffle Left Across In Front Of Right Step : L-R-L.

TOUCH & TOUCH & HEEL & TOE, KICK BALL STEP, KICK BALL STEP

1 & Touch R Toe To The Side, Step R Together,
2 & Touch L Toe To The Side, Step L Together,
3 & 4 Touch R Heel Forward, Step R Together, Touch L Toe Back,
5 & 6 Kick L Forward, Step L Together, Step R Forward,
7 & 8 Kick L Forward, Step L Together, Step R Forward.

PIVOT TURN, PIVOT TURN, FORWARD, ROCK, COASTER STEP

1, 2 Pivot : Step L Forward, Turn 180° Right Take Weight Onto R,
3, 4 Pivot : Step L Forward, Turn 180° Right Take Weight Onto R,
5, 6 Step L Forward, Rock Back Onto R,
7, 8 Coaster : Step L Back, Step R Together, Step L Forward.

FORWARD, ROCK, 1/2 FORWARD, HOLD, ROLL FORWARD, SHUFFLE FORWARD

1, 2 Step R Forward, Rock Back Onto L,
3, 4 Turn 180° Right Step R Forward, Hold,
5, 6 Turn 180° Right Step L Back, Turn 180° Right Step R Forward,
7 & 8 Shuffle Forward Step : L-R-L.

PADDLE TURN, SHUFFLE ACROSS, 1/4 BACK, 1/4 SIDE, ACROSS, HOLD

1, 2 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L,
3 & 4 Shuffle Right Across In Front Of Left Step : R-L-R,
5, 6 Turn 90° Right Step L Back, Turn 90° Right Step R To The Side,
7, 8 Step L Across In Front Of Right, Hold.

SIDE, ROCK, SAILOR STEP, 1/4 TURN SAILOR, FORWARD, ROCK

1, 2 Step R To The Side, Side Rock Onto L,
3 & 4 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
5 & 6 Sailor Step Turning 90° Left Step : L-R-L,
7, 8 Step R Forward, Rock Back Onto L.

BACK, ROCK, ROLL FORWARD, JAZZ BOX CROSS

1, 2 Step R Back, Rock Forward Onto L,

3, 4 Turn 180□ Left Step R Back, Turn 180□ Left Step L Forward,
5, 6 Jazz Box : Step R Across In Front Of Left, Step L Back,
7, 8 Step R To The Side, Step L Across In Front Of Right. **

[64] □REPEAT THE DANCE IN NEW DIRECTION

TAG : At the END (**) of WALL 4 (FRONT) add the following tag:

1&2, 3, 4 Side Shuffle To The Right Step : R-L-R, Step L Back, Rock Forward Onto R,
5&6, 7, 8 Side Shuffle To The Left Step : L-R-L, Step R Back, Rock Forward Onto L.

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