

Good Advice

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Anne Herd (AUS) - January 2015
音乐: The Nights - Avicii : (iTunes - 2:56)



Intro: Very quick start only 2 beats weight on left – Turning CW (No Tags/Restarts)

S1: WALK WALK, SHUFFLE, ROCK RECOVER, COASTER

1-2-3&4 Walk forward R L, Shuffle forward stepping R L R
5-6-7&8 Rock forward on L, recover to R, Step back on L, Step R beside L, Step L forward

S2: 2 X ¼ PIVOTS, HEEL & HEEL, DOUBLE HEEL

1-2-3-4 Step L forward on R, Take weight to L, Pivot ¼ L, Step forward on R, Take weight
5&6&7-8 Touch R heel forward Step R beside L, Touch L heel forward, Step L beside R, Touch R heel forward twice

S3: SIDE ROCK CROSS SHUFFLE, SIDE ROCK CROSS SHUFFLE

1-2-3&4 Rock R to side, Recover to L, Cross shuffle R over L stepping RLR
5-6-7&8 Rock L to side, Recover to R, Cross shuffle L over R stepping LRL

S4: SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ TURN, SHUFFLE FORWARD

1-2-3&4 Step R to side, Step L beside R, Shuffle R stepping RLR
5-6-7&8 Cross rock L over R, Recover to R, Turn ¼ L, Shuffle forward stepping LRL

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Begin dance again

Ending: Dance to count 30 (you will be facing 12:00) replace the ¼ turn with a side shuffle left then step out, out stepping R to side and L to the side.

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