

Nostalgic

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Betty Moses (USA) & Scott Schrank (USA) - April 2015
音乐: Nostalgic - Kelly Clarkson



Intro: 32 Counts on Hard Music (27 Seconds In) □□

[1-8] □ WALK, WALK, SIDE-ROCK-CROSS, TURN, TURN, CROSS-BALL-CROSS

1-2 Step R foot forward (1), Step L foot forward (2)
3&4 Rock R foot right (3), Recover weight to L foot (&), Cross R foot over L foot (4)
5-6 Make 1/4 turn right stepping L foot back (5), Make 1/4 turn right stepping R foot right (6)
7&8 Cross L foot over R foot (7), Step R foot right (&), Cross L foot over R foot (8) [6:00]

[9-16] □ SWAY X 4, RIGHT SAILOR STEP, LEFT SAILOR STEP 1/4 TURN

1-4 Step R foot right while swaying hips right(1), Sway hips L-R-L (2-4)
5&6 Step R foot behind L foot (5), Step L foot slightly left (&), Step R foot diagonally right (6)
7&8 Step L foot behind R foot (7), Step R foot next to L foot making 1/4 turn left (&), Step L foot diagonally left (8) [3:00]

[17-24] □ STEP, 1/4 TURN, CROSS, HOLD, BALL-CROSS, BALL-CROSS, ROCK, RECOVER

1-4 Step R foot forward (1), Pivot 1/4 turn left on balls of feet (2), Cross R foot over L foot (3),
Hold (4) [12:00]
8&5&6 Step ball of L foot left (&), Cross step R foot over L foot (5), Step ball of L foot left (&),
□ Cross step R foot over L foot (6)
7-8 Rock L foot left (7), Recover weight to R foot (8)

[25-32] □ CROSS, HOLD, 1/4 TURN, 1/2 TURN, MAMBO STEP, COASTER STEP

1-2 Cross step L foot over R foot (1), Hold (2)
3-4 Make 1/4 turn left stepping back on R foot (3), Make 1/2 turn left on ball of R foot stepping
forward on L foot (4) [3:00]
5&6 Rock R foot forward (5), Step L foot in place (&), Step R foot next to L foot (6)
7&8 Step L foot back (7), Step R foot next to L foot (&), Step L foot forward (8)

[33-40] □ ROCK, RECOVER, STEP BACK, 1/4 TURN, POINT, STEP DOWN, TURN, TURN

1-2 Rock forward on R foot (1), Recover weight to L foot (2)
3-4 Step back on R foot (3), Make 1/4 turn left stepping L foot left (4)
5-6 Point R toes right (5), Step down on R foot making 1/4 turn right (6) [3:00]
7-8 Make 1/2 turn right on ball of R foot stepping L foot back (7), Make 1/4 turn right stepping R
foot right (8) [12:00]

[41-48] □ CROSS ROCK, RECOVER, SIDE, CROSS, TURN, TURN, MAMBO STEP

1-2 Cross rock L foot over R foot (1), Recover weight to R foot (2)
3-4 Step L foot left (3), Cross step R foot over right (4)
5-6 Make 1/4 turn right stepping L foot back (5), Make 1/2 turn right stepping R forward (6)
7&8 Rock L foot forward (7), Step R foot in place (&), Step L foot next to R foot (8) [9:00]

[49-56] □ BACK-SLIDE, BALL-STEP, STEP, STEP, PIVOT 1/2, TRIPLE STEP

1-2 Step R foot back long (1), Slide L foot back slightly past R Foot (2)
&3-4 Step down on ball of L foot (&), Step R foot forward (3), Step L foot forward (4)
5-6 Step R foot forward (5), Pivot 1/2 turn left on balls of feet (6) [3:00]
7&8 Step R foot forward (7), Step L foot next to R foot (&), Step R foot forward (8)

[57-64] □ POINT, TOGETHER, SIDE ROCK CROSS, TURN, TURN, STEP PIVOT CROSS

- 1-2 Point L toes left (1), Step L foot next to R foot (2)
- 3&4 Rock R foot right (3), Recover weight to L foot (&), Cross R foot over L foot (4)
- 5-6 Make 1/4 turn right stepping L back (5), Make 1/2 turn right stepping R forward (6)
- 7&8 Step L forward (7), Pivot 1/2 turn right on balls of feet (&), Step L foot forward (8) [6:00]
- (An easier option for 5-8):**
- 5-6 Make 1/4 turn right stepping L back (5), Step R foot back (6)
- 7&8 Step L foot slightly back (7), Step R foot next to L foot (&), Step L foot forward (8)

Contacts: dorbmoses@msn.com - www.ScottSchrank.com sschrank@bellsouth.net
