

Take Shelter

拍数: 32 墙数: 2 级数: Improver
编舞者: Laura Bartolomei (FR) - November 2015
音乐: Take Shelter - Years & Years



[1 – 8] □ Cross, Side, Sailor step, Cross, Side, Sailor step ½ turn □

- 1 – 2 Cross L over R, Step R to R side □ 12:00
3 & 4 Cross L behind R, Step R to R side, Step L to L side □ 12:00
5 – 6 Cross R over L, Step L to L side □ 12:00
7 & 8 Cross R behind L, Make ¼ turn R stepping L to L side, Make ¼ turn R crossing R over L □ 06:00

[9 – 16] □ Rock step together 3x (L,R, in front), 5/8 turn shuffle □

- 1 – 2& Rock L to L, Recover, Step L together with R □ 06:00
3 – 4& Rock R to R, Recover, Step R together with R □ 06:00
5 – 6 Rock L forward, Recover □ 06:00
7 & 8 Make 5/8 turn L stepping L R L ending 10:30 □ 10:30

[17 – 24] □ Walks 2x, Mambo step, Rockstep, Full turn stepturn step □

- 1 – 2 Walk R forward, Walk L forward □ 10:30
3&4 Rock R forward, Recover, Step R back □ 10:30
5 – 6 Rock L back, Recover □ 10:30
7 & 8 Step L forward, Make ½ turn R ending on R, Make ½ turn stepping L back □ 10:30

[25 – 32] □ 2x Lock steps diagonally backwards, Rockstep, Sweep 3/8 turn □

- 1 & 2 Step R diagonally back, Cross L over R, Step R diagonally back □ 10:30
3 & 4 Step L diagonally back, Cross R over L, Step L diagonally back □ 10:30
5 – 6 Rock R diagonally back, Recover □ 10:30
7 – 8& Sweep R from back to front making 3/8 turn L, Hold, step R together with L □ 06:00

Restart: □ In the 3rd wall : after count 14 Rock step forward, Recover □

- 7- 8 Make ½ turn L stepping L forward, Step R together with L putting weight on R □ 12:00

Start again! □

Last Update - 2nd Nov. 2015