

My Sax

拍数: 32 墙数: 2 级数: Novice
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音乐: Sax - Fleur East



Déscriptif : 16 counts from beginning or on the lyrics 10sec do 4 wall complete and the 16 first counts with nota [5MF12H]do 16 counts with nota [6MF12H] do 6 wall complete and do the Tag [F12H] do the dance

[1-8] CROSS & HEEL, CROSS & HEEL, STEP, TWIST, COASTER

1&2 Cross RIGHT over left, Step LEFT to left side, RIGHT heel in right diagonal
3&4 Cross LEFT over right, Step RIGHT to right side, LEFT heel in left diagonal
5 Step RIGHT forward
&6 Twist heels to right, Twist heels to center
7&8 Step RIGHT back, Step LEFT next to right, Step RIGHT forward {coaster step}

[9-16] ROCK STEP, 1/2 SHUFFLE, STEP 3/8 TURN, SHUFFLE

1-2 Rock LEFT forward, Recover weight on RIGHT {rock step}
3-4 1 /4 turn left et step LEFT to left side [9H], Step RIGHT next to left, 1/4 turn left and step LEFT forward [6H]
5-6 Step RIGHT forward, Pivot 3/8 turn left [1H30]
7&8 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward [1H30]

Nota : wall 5 et 6 change counts 7& 8 by step RIGHT, Step LEFT face 12H

[17-24] ROCK STEP, COASTER STEP, STEP 1/2 TURN, SHUFFLE

1-2 Rock LEFT forward, Recover weight on RIGHT {rock step}
3&4 Step LEFT back, Step RIGHT next to left, Step LEFT forward {coaster step}
5-6 Step RIGHT forward, Pivot 1/2 turn left [7H30]
7-8 STEP right forward, Step LEFT next to right, Step RIGHT forward [7H30] {shuffle}

[25-32] STEP 7/8 TURN, STEP, TOGETHER, POINT, SWITCHES

1-2 Step LEFT forward, Pivot 7/8 turn right [6H]
3-4 Step LEFT to left side, Step RIGHT next to left
5&6 Point LEFT to left side, Step LEFT next to right, Point RIGHT to right side
& Step RIGHT next to left
7&8 Point LEFT to left side, Step LEFT next to right, Point RIGHT to right side

Tag : 8 counts after wall 6

[1-8] SWITCHES, ROCKING CHAIR

1&2 Point LEFT to left side, Step LEFT next to right, Point RIGHT to right side
& Step RIGHT next to left
3&4 Point LEFT to left side, Step LEFT next to right, Point RIGHT to right side
5-6 Rock RIGHT forward, Recover weight on LEFT {rock step}
7-8 Rock RIGHT back, Recover weight on LEFT {rock step}

PLAY THAT SAX !!!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country: spiritofcountry@hotmail.fr -
<http://club.quomodo.com/spiritofcountry/bienvenue.html>

