

Thunder & Lightning

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Friends - Blake Shelton : (iTunes)



Intro: 32 counts

Vaudeville R, step beside, cross over, side step, sailor step L, Cross behind, ¼ turn L step forward,

1&2 Step R over L, step L slightly back, touch R heel diagonal right forward,
&3&4 Step R next to L, cross L over R, step R to right side,
5&6 Cross L behind R, step R next to L, step L to left side,
7 -8 Cross R behind L, ¼ turn left stepping L forward, (09:00)

Shuffle R backwards ½ turn L, Coaster step L, Full turn L, Walk forward,

1&2 ¼ turn left stepping R to right side, close L next to R, ¼ turn left stepping R back, (03:00)
3&4 Step L back, step R next to L, step L forward,
5 -6 ½ turn left stepping R back, ½ turn left stepping L forward,
7 -8 Step R forward, step L forward,

Kick out – out, ball cross, side step, Sailor step L ¼ turn L, step forward R, ¼ turn L,

1&2 Kick right forward, step R to right side, step L to left side, (shoulder wide)
&3-4 Step on ball of R next to L, cross L over R, step R to right side,
5&6 Cross L behind R turning ¼ turn L, step R next to L, step L to left side, (12:00)
7 -8 Step R forward, ¼ turn L, (09:00)

Cross Shuffle, side rock, recover ¼ turn R, ½ R walk back, coaster step L,

1&2 Cross R over L, close L beside R, cross R over L,
3 -4 Rock L to left side, recover onto R with ¼ turn right, (12:00)
5 -6 ½ turn right on R stepping back on L, step back on R, (06:00)
7&8 Step L back, step R beside L, step L forward,

Side shuffle, cross rock, recover, side, together, step forward, walk forward,

1&2 Step R to right side, close L beside R, step R to right side,
3 -4 Cross L over R, recover onto R,
5&6 Step L to left side, close R beside L, step L forward,
7 -8 Step R forward, step L forward,

Heel switches, step forward, heel twists, Coaster step R, Rock forward L, recover R,

1&2 Touch R heel forward, step R next to L, touch L heel forward,
&3&4 Step L next to R, step R forward, twist both heels to the right, twist both heels back to center,
(Restart here in 2nd wall facing 12:00)
5&6 Step R back, step L beside R step R forward,
7 -8 Rock L forward, recover onto R,

Step back L, hitch R, step back R, hitch L, coaster step, shuffle R backwards ½ turn L, sailor step ¼ turn L,

1&2 Step L back, hitch R knee, step R back, hitch L knee,
3&4 Step L back, step R beside L, step L forward, (restart here in 4th wall facing 12:00)
5&6 ¼ turn left stepping R to right side, close L next to R, ¼ turn left stepping R back, (12:00)
7&8 Cross L behind R turning ¼ turn L, step R next to L, step L to left side, (09:00)

Kick R, cross R & touch L, Heel twists, coaster step L, Full turn L.

1&2 Kick R forward, cross R over L, touch L to left side,

- 3&4 Twist both heels to right (facing 06:00), twist both heels back to left (facing 09:00), twist both heels to R (facing 06:00)
- 5&6 Step L back, step R beside L, step L forward,
- 7 -8 ½ turn left on L stepping R back, ½ turn left on R stepping L forward.

Watch the video on this page

<http://www.bastiaanvanleeuwen.com> <http://video.bastiaanvanleeuwen.com/#!home>
