

Pure and Simple

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jan Brookfield (UK) - August 2016
音乐: Pure and Simple - Dolly Parton



Alt. Music : Don Williams - Tulsa Time - 113 bpm

(Start after 12 secs on the word "time")

Section 1 : SIDE, CLOSE, FORWARD SHUFFLE, SIDE, CLOSE, BACK SHUFFLE

1,2 Step L to left side, close R to L
3&4 Shuffle forward on L,R,L
5,6 Step R to right side, close L to R
7&8 Shuffle back on R,L,R

Section 2 : BACK ROCK, RECOVER, FORWARD SHUFFLE, FORWARD ROCK, HALF TURN SHUFFLE

9,10 Rock back on L, recover onto R
11&12 Shuffle forward on L,R,L
13,14 Rock forward on R, recover onto L
15&16 Making a half turn over right shoulder shuffle forward on R,L,R (6 o'clock)

Section 3 : (CROSS, SIDE, SAILOR STEP) x 2

17,18 Step L across in front of R, step R to right side
19&20 Step L behind R, rock R to right side, recover weight onto L
21,22 Step R across in front of L, step L to left side
23&24 Step R behind L, rock L to left side, recover weight onto R

Section 4 : CROSS ROCK, RECOVER, & CROSS ROCK, RECOVER, ¼ TURN SHUFFLE, STEP, ½ PIVOT TURN

25,26 Rock L across in front of R, recover onto R
&27,28 Step quickly onto L to left side, rock R across in front of L, recover onto L
29&30 Making a quarter turn to right shuffle forward on R,L,R (9 o'clock)
31,32 Step L forward, pivot half turn over right shoulder, weight now on R (3 o'clock)

KEEP IT GOING!