

Breakfast Beer

拍数: 32 墙数: 4 级数: Beginner +
编舞者: Chrystel DURAND (FR) - October 2016
音乐: Breakfast Beer - Gord Bamford



Intro : 2 x 8 counts

[1-8] □ ROCK STEP DIAGONALLY FORWARD, COASTER STEP, ROCK STEP DIAGONALLY FORWARD, COASTER STEP

1-2 Rock right foot diagonally right forward, recover on left
3&4 Right step back, ball left next to right, right step forward
5-6 Rock left foot diagonally left forward, recover on right
7&8 Left step back, ball right next to left, left step forward

Restart here on wall 3

[9-16] □ SHUFFLE FORWARD, STEP, 1/2 TURN, SHUFFLE FORWARD, STEP, 1/4 TURN

1&2 Chassé right forward RLR
3-4 Left step forward, 1/2 turn right (weight on right) - 6.00
5&6 Chassé left forward LRL
7-8 Right step forward, 1/4 turn left (weight on left) □ - 3.00

[17-24] CROSS ROCK SIDE RIGHT AND LEFT, SWAYS

1&2 Rock right cross over left, recover on left, right step on right side
3&4 Rock left cross over right, recover on right, left step on left side
5-8 Sway the hip on right, on left, on right, on left

[25-32] HEELS AND TOE AND HEELS SWITCHES, STOMP UP

1&2& right heel forward, right next to left, left heel forward, left next to right
3&4& right point on right side, right next to left, left point on left side, left next to right
5&6& right heel forward, right next to left, left heel forward, left next to right
7-8 Stomp right next to left x 2 (keep weight on left)

Restart : on wall 3, dance the first sequence and restart the dance from the beginning (face at 6.00)

TAG: at the end of wall 6 (started at 12.00), add 2 stomps up and start the dance (face at 3.00)

HAVE FUN !

Chrystel DURAND - BARAIL RANCH

13 Chemin des barails 17610 SAINT SAUVANT CHARENTE-MARITIME France

Tel : 33 05 46 91 84 19 - email barail.ranch@orange.fr - website : <http://www.barailranch.site-fr.fr/>