

For Martina

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Harry Schalk (AUT) - December 2016
音乐: Für ein paar Stunden - S.T.S. (Austria)



**** This dance is dedicated to my wife Martina ****

Sec. 1: Slow ¼ Turn r. Jazz Box

1, 2 RF cross over LF, Hold
3, 4 LF Step with ¼ Turn right , Hold
5, 6 RF Step right , Hold
7, 8 LF next to RF, Hold

Sec. 2: Side Rock R , Cross , Hold, Side Rock L, Cross, Hold

1, 2 RF Step right , Weight back on LF
3, 4 RF cross over LF, Hold
5, 6 LF Step left , Weight back on RF
7, 8 LF cross over RF , Hold

Sec. 3: Vine R, Toe Turn L , Heel Turn L , Toe Turn L, Scuff R

1, 2 RF Step right ., LF cross behind RF
3, 4 RF Step right ., LF next to RF
5, 6 LF turn Toes left , LF Turn Heel left
7, 8 LFTurn Toes left , RF sweep fwd.

Sec. 4: Heel Rock fwd, ¼ Turn r (2 x), Heel Rock fwd. , Step back R, Hook

1, 2 RF Heel touch fwd , Weight back on LF while ¼ Turn right
3, 4 RF Heel touch fwd , Weight back on LF while ¼ Turn right
5, 6 RF Touch fwd , Weight back on LF
7, 8 RF Step back , LF lift cross over RF

Sec. 5: Step, Lock, Step fwd, Toe Touch L, Step, Lock, Step back , Kick fwd L

1, 2 LF Step fwd. , RF hook in behind LF
3, 4 LF Step fwd. , RF Toe touch behind LF
5, 6 RF Step back , LF cross over RF
7, 8 RF Step back , LF kick fwd .

Sec. 6: Back Rock L, ½ Turn r, hold, ½ Turn r, Hold, Rock fwd

1, 2 LF Step back, Weight back on RF
3, 4 LF Step with ½ Turn right , Hold
5, 6 RF Step with ½ Turn right , Hold
7, 8 LF Step fwd, Weight back on RF

Sec. 7: Coaster Cross ,Hold, Slow Side Step, Recover , Hold

1, 2 LF Step back , RF next to LF
3, 4 LF cross over RF, Hold
5, 6 RF big Step right (2 counts)
7, 8 LF next to RF , Hold

Sec. 8: Apple Jacks R L , Coaster Step, Scuff

1, 2 LF Heel turn right RF Toe turn right . , and straight back
3, 4 LFToe turn left RFHeel turn left ., and straight back (Weight on LF)
5, 6 LF Step back , RF next to LF

7, 8 LF Step fwd, RF sweep fwd.

Optional: Sec. 8: Count 1-4 : Twist L + R

1, 2 Booth Heel turn right , and straight

3, 4 Booth Heels turn left, and straight

Dance Start again ...
