

Chasin'

拍数: 32 墙数: 4 级数: Improver
编舞者: Trine Haukø Lund (NOR) - January 2017
音乐: Chasin' Them Better Days - Jon Pardi



#16 count intro

Section 1: 2 walks fwd R-L, anchor step, coaster step, mambo cross, side

1-2 Walk forward on RF, walk forward on LF
3&4 Step ball of RF behind LF, step LF in place, step RF backwards
5&6 Step LF backwards, step RF next to LF, step LF forward
&7&8 Rock RF to R, recover on LF, cross RF over LF, step LF to L

Section 2: Sailorstep, wine 1/4 turn R, syncopated rocks X2

1&2 Cross RF behind LF, step LF next to RF, step RF to R
3&4 Cross LF behind RF, 1/4 turn R(3.00), step RF forward, step LF forward
5&6 Rock RF forward, recover on LF, rock RF backwards
&7&8 Recover on LF, rock RF forward, recover on LF, touch RF next to LF

***Restart here in wall 3**

Section 3: Chasse with 1/4 turn R, kick ball step L, 1/4 turn R with slide, skate backwards R-L

1&2 Step RF to R, step LF next to RF, 1/4 turn R(6.00), step RF forward
3&4 Kick LF forward, step ball of LF next to RF, step RF forward
5-6 1/4 turn R(9.00), slide to L, step LF to L, touch RF next to LF
7-8 Skate backwards R-L

***Restart after count 3&4 in wall 6**

Section 4: □Coaster step, shuffle fwd, full turn L, kick ball step R

1&2 Step RF backwards, step LF next to RF, step RF forward
3&4 Step LF forward, step RF next to LF, step LF forward
5-6 1/2 turn L(3.00) step RF backwards, 1/2 turn L(9.00) step LF forward
7&8 Kick RF forward, step ball of RF next to LF, step LF forward

Option on count 5-6 full turn: Walk R-L

***Restart in wall 3 after section 2, facing 9 o'clock**

***Restart in wall 6 in section 3 after count 3&4, facing 9 o'clock**

Note to the 2nd restart: Kick ball step

3&4 Kick LF forward, step ball of LF next to RF, touch RF next to LF

When the instrumental in the music starts at the end of wall 9, just keep on dancing:)