

Champagne Rush

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Caroline Pillar (UK) - May 2017
音乐: Body on Fire - Maggie Rose : (Spotify)



No Tags Or Restarts

[1-8] □ L CROSS ROCK, SIDE ROCK, BEHIND SIDE CROSS RIGHT, R CROSS ROCK HITCH BACK, SWEEP L STEP BACK L

- 1&2& (1) Cross rock L over R; (&) Replace weight R; (2) Rock L to Left; (&) Replace weight R
3&4 (3) Cross L behind R; (&) Step R to right; (4) Cross L over R [12:00]
5-6 (5) Rock R forward; (&) Replace weight on L whilst hitching R leg up and behind L [12:00]
7-8 (7) Step R behind L whilst sweeping L back angling body diagonally [10:30]; (8) Step L back

[9-16] □ R BACK, L TOGETHER, R SHUFFLE FORWARD, L CROSS ROCK, SIDE ROCK, BEHIND SIDE CROSS ROCK RIGHT

- 1-2 (1) Step back R; (2) Place L beside R [10:30]
3&4 (3) Step R forward; (&) Close L behind R; (4) Step R forward (shuffle step) [10:30]
5&6& (5) Cross rock L over R; (&) Replace weight R; (6) Rock L to Left; (&) Replace weight R
7&8 (7) Cross L behind R; (&) Step R to right; (8) Cross rock L over R [12:00]

[17-24] □ SWEEP L, BEHIND SIDE CROSS RIGHT, SWEEP R FORWARD, BEHIND SIDE CROSS LEFT, L SIDE, CROSS ROCK R OVER L

- &1-2& (&) Replace weight on R; (1) Sweep L back; (2) Step L behind R; (&) Step R to right
3-4 (3) Cross L in front of R; (4) Sweep R forward; [12:00]
5&6 (5) Cross R over L; (&) Step L to left; (6) Cross R behind L
&7-8 (&) Step L to left; (7) Cross R over L; (8) Recover weight to L

[25-32] □ TURN RIGHT 1 ¼ TURN R L R, ½ PIVOT RIGHT, WALK R L, CROSS ROCK R OVER L, STEP R TO RIGHT SIDE

- 1&2 (1) Step R ¼ turn right [3:00]; (&) Step L back turning ½ right [9:00]; (2) Step R forward turning ½ right [3:00]
3&4 (3) Step L forward; (&) Pivot ½ right placing weight on R; (4) Step L forward [9:00]
5-6 (5) Walk forward R; (6) Walk forward L
7&8 (7) Cross rock R over L; (&) Replace weight to L; (8) Step R to right [9:00]

Begin Again and Enjoy!

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