

Still

拍数: 64 墙数: 2 级数: Improver
编舞者: Hiroko Carlsson (AUS) - July 2017
音乐: Still - LaVern Baker : (iTunes)



(Intro: 8 Count / Start on Vocals)

[S1] Cross Rock, Side Rock, Cross Rock, Side Rock

1 2 Cross/rock R over L, recover weight on L
3 4 Step/rock R to right side, recover weight on L
5 6 Cross/rock R over L, recover weight on L
7 8 Step/rock R to right side, recover weight on L (12:00)

(Styling - Look back and slightly turn your body on count 3 and 7)

[S2] Behind, 1/4L Fwd, 1/2L Shuffle Back, Coaster Fwd w/ Scuff Fwd

1 2 Step R behind L, Turning 1/4L step L fwd
3&4 Turning 1/2L step R back, Step L next to R, Step R back
5&6 Step L back, Step R next to L, Step L fwd
7 8 Step R fwd, Scuff L fwd (3:00)

[S3] Cross Rock, Side Rock, Cross Rock, Side Rock

1 2 Cross/rock L over R, recover weight on R
3 4 Step/rock L to left side, recover weight on R
5 6 Cross/rock L over R, recover weight on R
7 8 Step/rock L to left side, recover weight on R (3:00)

(Styling - Look back and slightly turn your body on count 3 and 7)

[S4] Behind, 1/4R Fwd, 1/2R Shuffle Back, Coaster Fwd w/ Scuff Side

1 2 Step L behind R, Turning 1/4R step R fwd
3&4 Turning 1/2R step L back, Step R next to L, Step L back
5&6 Step R back, Step L next to R, Step R fwd
7 8 Step L fwd, Scuff R to right side **(12:00)

[S5] R Side Shuffle, Rock Behind w/ 1/4R, L Side Shuffle, Cross Rock

1&2 Step R to right side, Step L next to R, Step R to right side
3 4 Rock/step L behind R, Recover weight on R whilst turning 1/4R
5&6 Step L to left side, Step R next to L, Step L o left side
7 8 Rock/cross R over L, Recover weight on L (3:00)

[S6] 1/4R Fwd w/ Toe Strut, 1/2R Back w/ Toe Strut, 1/2R Fwd w/ Toe Strut, Fwd Rock

1 2 Turning 1/4R step R toe fwd, Drop R heel to floor
3 4 Turning 1/2R step L toe back, Drop L heel to floor
5 6 Turning 1/2R step R toe fwd, Drop R heel to floor
7 8 Rock/step L fwd, Recover weight on R (6:00)

[S7] 4x Sway, 2x 1/4R Paddle

1 2 3 4 Step L to left side w/ sway L, Sway R, Sway L, Sway R
5 6 7 8 Step L fwd, Turning 1/4R weight on R, Step L fwd, Turning 1/4R weight on R

[S8] Cross, Scuff, Jazz Box, Step 1/2L Pivot Turn

1 2 Cross L over R, Scuff R
3 4 5 6 Cross R over L, Step L back, Step R to right side, Step L fwd
7 8 Step R fwd, Turning 1/2L weight on L (6:00)

Restart wall 3 count 32** with step change (12:00)

31 32

Step L fwd, Scuff R Fwd

Tips: Last Wall - Go in flow with the music, when it slows down.

(updated: 21/6/17)

Please contact me if you have any inquiry (hirokoclinedancing@gmail.com)
