

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Malene Jakobsen (DK) - August 2017
音乐: Written in the Sand - Old Dominion : (iTunes)



Intro: 16 counts from the beginning 12 sec. seconds into track, dance begins with weight on L

Tag: There is one 8 count tag after wall 2, you will be facing 12.00

[1-9] Side rock, ball side, back rock, side, behind, side, cross sweep, cross, side, 1/8 & sweep

- 1-2&3 (1) Rock R to R, (2) recover onto L, (&) step R next to L, (3) step L to L 12.00
- 4&5 (4) Rock back on R, (&) recover onto L, (5) step R to R 12.00
- 6&7 (6) Cross L behind R, (&) step R to R, (7) cross L over R sweeping R from back to front 12.00
- 8&1 (8) Cross R over L, (&) step L to L, (1) turn 1/8 R stepping back on R sweeping L from front to back 1.30

[10-17] Behind, behind, side, cross rock, side, fwd., hold, ball step, mambo 1/4 L

- 2&3 (2) Cross L slightly behind R, (&) turn 1/8 R stepping R to R, (3) rock L across R 3.00
- 4&5 (4) Recover onto R, (&) step L to L, (5) step fwd. on R 3.00
- 6&7 (6) HOLD, (&) step L next to R, (7) step fwd. on R 3.00
- 8&1 (8) Rock fwd. on L, (&) recover onto R, (1) Turn 1/4 L stepping L to L 12.00

[18-24] Cross, side, behind, 1/4, fwd., touch, ball heel, ball rock

- 2&3 (2) Cross R over L, (&) step L to L, (3) cross R behind L 12.00
- 4 (4) Turn 1/4 L stepping fwd. on L 9.00
- &5&6 (&) Step slightly fwd. on R, (5) touch L toes next to R, (&) step down on L, (6) dig R heel fwd. 9.00
- &7-8 (&) Step down on R, (7) rock fwd. on L, (8) recover onto R 9.00

[25-32] Back, back rock, 1/4, behind sweep, behind, side, cross sweep, syncopated weave, cross

- &1-2 (&) Step back on L, (1) rock back on R, (2) recover onto L 9.00
- &3 (&) Turn 1/4 L stepping R to R, (3) cross L behind R sweeping R from front to back 6.00
- 4&5 (4) Cross R behind L, (&) step L to L, (5) cross R over L sweeping L from back to front 6.00
- 6&7-8 (6) Cross L over R, (&) step R to R, (7) cross L behind R, (8) step R to R 6.00
- & (8) Cross L over R

TAG Footwork

[1-8] Side, back rock, side, back rock, side, syncopated vine with cross, side, behind

- 1-2& (1) Step R to R, (2) rock back on L, (&) recover onto R
- 3-4& (3) Step L to L, (4) rock back on R, (&) recover onto L
- 5-6&7 (5) Step R to R, (6) cross L behind R, (&) step R to R, (7) cross L over R
- 8& (8) Step R to R, (&) cross L behind R

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