

Sixteen

拍数: 32 墙数: 4 级数: Improver
编舞者: Christina Masone (USA) - February 2017
音乐: Sixteen - Thomas Rhett



Dance Starts on Vocals

[1-8] 2 WALKS, ANCHOR, 2 SAILOR SHUFFLES

1,2 Walk forward R, walk forward L
3 Angle your body to face right diagonal and step ball of R behind L
&4 Replace weight onto L, straighten body forward and take small step back on R
5&6 Cross L behind R, small step to right on R, step L to left side
7&8 Cross R behind L, small step to left on L, step R to right side

[9-16] CROSS L BEHIND R, UNWIND $\frac{3}{4}$ TURN, SHUFFLE, 2 STEP TOUCHES

1,2 Cross L toe behind, unwind $\frac{3}{4}$ to left ending with weight on L (3:00)
3&4 Step forward R, step L next to R, step forward R
5,6 Step forward and diagonal left on L, touch R next to L
7,8 Step forward and diagonal right on R, touch L next to R

[17-24] SIDE ROCK, $\frac{1}{4}$ TURN ROCK BACK, SHUFFLE, $\frac{1}{4}$ CHASSE RIGHT

1,2 Rock left side on L, recover on R starting $\frac{1}{4}$ turn to the left
3,4 Complete $\frac{1}{4}$ turn left rocking back on L, recover on R (12:00)
5&6 Step forward L, step R next to L, step forward L
7&8 Turn $\frac{1}{4}$ left and step R to right side, step L next to R, step R to right side (9:00)

[25-32] ROCK BEHIND, KICK BALL CROSS, DOUBLE HIP BUMP L, ROCK BEHIND

1,2 Cross rock L behind R, recover onto R
3&4 Kick L forward, step back on ball of L, cross R over L
5&6 Double bump hips to left (L-R-L)
7,8 Rock R behind L, replace weight onto L

Tag at end of wall 6 (6:00): 4 count "ROCKING CHAIR"

1-4 Rock forward on R, recover onto L, rock back on R, recover onto L

For more details, contact Lyndy by email at Dantsman@aol.com
Or go to LyndysCountry.com