Send Me The Pillow



拍数: 32 墙数: 4 级数: Improver 编舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - June 2018

音乐: Send Me The Pillow "By" Frank Ferrari



Intro: 16 Counts

Sec 1: Rock Back, Recover, Kick-Ball-Point, Syncopated Jazz Box

1-2 RF. Rock back - LF. Recover

3&4 RF. Kick fwd - RF. step together LF - LF. Touch toe to L side

5-6&7-8 LF. Cross over RF - RF. Step back - LF. Step to L side - RF. Cross over LF - LF. Step to L

side

Sec 2: Rock Back, Recover, R Chasse with a 1/4 Turn L, Rock Back, Recover, Shuffle Fwd

1-2 RF. Rock back - LF. Recover

3&4 RF. Step to R side - LF. Close - RF. 1/4 Turn L step back (9:00)

5-6 LF. Rock back - RF. Recover

7&8 LF. Step fwd - RF. Close - LF. Step fwd

Sec 3: Side Rock, Recover, Cross Shuffle, 1/4 Turn R, 1/2 Turn R, Shuffle Fwd

1-2 RF. Rock to R side - LF. Recover

3&4 RF. Cross over LF - LF. Step to L side - RF. Cross over LF 5-6 LF. 1/4 Turn R step back - RF. 1/2 Turn R step fwd (6:00)

7&8 LF. Step fwd - RF. Close - LF. Step fwd

Sec 4: Step Fwd, 1/4 Turn L, Cross Shuffle, Step To L Side, Cross Behind, Step To L Side, Cross, Step To L Side

1-2 RF. Step fwd - 1/4 Turn L (3:00)

3&4 RF. Cross over LF - LF. Step to L side - RF. Cross over LF

5-6&7-8 LF. Step to L side - RF. Cross behind LF - LF. Step to L side - RF. Cross over LF - LF. Step

to L side

Start Again

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