

Choke

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Choke - Sheppard



Intro: 16 Counts

Sec 1: Rock Fwd, Recover, & Heel & Heel &, Rock Fwd, Recover, 1/4 Turn L Step To L Side, Cross-Side-Behind, & Step To L Side

1-2 RF. Rock fwd - LF. Recover
&3&4& RF. Step together - LF. Dig heel fwd - LF. Step together - RF. Dig heel fwd - RF. Step together
5-6 LF. Rock fwd - RF. Recover
&7&8& LF. 1/4 Turn L step L side - RF. Cross over LF - LF. Step L side - RF. Cross behind LF - LF. Step L side (9:00)

Sec 2: Cross Rock, Recover, & Step To R Side, Touch, & Step To L Side, Touch, Back Rock, Recover, & Step Together, Shuffle Fwd

1-2 RF. Cross rock over LF, LF. Recover
&3&4 RF. Step R side - LF. Touch toe beside RF - LF. Step L side - RF. Touch toe beside LF
5-6& RF. Rock back - LF. Recover - RF. Step together
7&8 LF. Step fwd - RF. Step together - LF. Step fwd

Sec 3: Stamp Out To R Side x3, Twist LF Next To RF with a Hitch, L Dorothy Step, Step-Lock-Step Diagonal R

1&2 RF. Stamp to R side x3 (feet go apart)
3&4 LF. Turn heel to R - LF. Turn toes to R - LF. Hitch L-knee
5-6& LF. Step diagonaal L fwd - RF. Lock behind LF - LF. Step together
7&8 RF. Step diagonal R fwd - LF. Lock behind RF - RF. Step diagonal R fwd (9:00)

****Restart here: in wall 3 and wall 7** Before you start again step first LF next to RF**

Sec 4: Rock Fwd, Recover, Shuffle 1/2 Turn L, Shuffle 1/2 Turn L, Sailor 1/4 Turn L

1-2 LF. Rock fwd - RF. Recover
3&4 Shuffle 1/2 turn L stepping L,R,L (3:00)
5&6 Shuffle 1/2 turn L stepping R,L,R (9:00)
7&8 LF. 1/4 Turn L cross behind RF - RF. Step beside LF - LF. Step fwd (6:00)

Sec 5: Behind, 1/4 Turn L, & Out Out & In In, Step Fwd, Touch, Coaster Step

1-2 RF. Cross behind LF - LF. 1/4 Turn L step fwd (3:00)
&3&4 RF. Step diagonaal fwd (out) - LF. Step L side (out) - RF. Step to center (in) - LF. Step together
5-6 RF. Step fwd - LF. Touch toe beside RF
7&8 LF. Step back - RF. Step together - LF. Step fwd

Start Again

Restart: in the 3rd (3:00) and the 7th wall after count 24 (9:00)

Dance up to count 24, count 8 of the 3rd block, then do

& LF. Step together, and restart the dance

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