

Andante, Andante

拍数: 32 墙数: 2 级数: Intermediate Rolling Count
编舞者: Nathan Gardiner (SCO) - September 2018
音乐: Andante, Andante - Lily James : (Album: Mamma Mia! Here We Go Again)



Intro: 32 counts

Cross, Cross, Side R, Rock Back, Recover, ¼ R, ¼ R, Cross, ¼ L, Rock Back, Recover, ½ R

1 Cross R over L sweeping L from back to front
2a3 Cross L over R, Step R to R side, Rock back on L
4a5 Recover on R, ¼ R stepping back on L, ¼ R stepping R to R side
6a7 Cross L over R, ¼ L stepping back on R, Rock back on L
8a Recover on R, ½ R stepping back on L

Walk Back R & L with Sweeps, Coaster Step, Ball, Step Pivot ½ L, ½ L, ¼ L, Cross Rock, Recover

1-2 Step back on R sweeping L from front to back, Step back on L sweeping R from front to back
3a4a Step back on R, Step L next to R, Step forward on R, Step L next to R
5-6 Step forward on R, Pivot ½ L
7a8a ½ L stepping back on R, ¼ L stepping L to L side, Cross rock R over L, Recover on L

Side R, Behind Side Cross, Cross, Side L, Behind, Behind, ¼ R, Step Pivot 1/4 R

1 Step R to R side
2a3 Step L behind R, Step R to R side, Cross L over R sweeping R from back to front
4a5 Cross R over L, Step L to L side (restart point on wall 4), Step R behind L sweeping L from front to back
6a Step L behind R, ¼ R stepping forward on R
7-8 Step forward on L, Pivot ¼ R

Cross Rock, Recover, Sway L, R, L, Run ½ R with Sweep, Cross Rock, Recover, ¼ L, ½ L, ¼ L

&a Cross rock L over R, Recover on R
1-2-3 Step L to L side swaying to L side, Sway to R side, Sway to L side
4a5 ¼ R stepping forward on R, Step L next to R, ¼ R stepping forward on R sweeping L from back to front
6-7 Cross rock L over R, Recover on R
8&a ¼ L stepping forward on L, ½ L stepping back on R, ¼ L stepping L to L side

Restart: On wall 4 dance 20a counts then restart the dance

Contact: nathan.gardiner1998@hotmail.co.uk
Last Update - 21st Sept. 2018