Summer and Sun



编舞者: Tine Hildisch (NOR) - March 2019 音乐: Ankerpils by Pianomannen Glenn



Start dance after intro 32 counts (Music Available on iTunes)

Alt. Music: All I Want To Do Is Make Love To You by Heart. En solskinnsdag by Postgirobygget.

SIDE ROCK - BEHIND - SIDE - CROSS- WALK - WALK-ANCHOR STEP

1-2	Step RF out to rigth – recover on to left	(You can to a heel grind for stayling)
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3&4 Step RF behind left – step LF left – step RF over left

5-6 Step LF forward- step RF forward

7&8 step back on LF – recover to RF- recover on to LF

SWEEP BACK X2 - SAILOR ½ TURN- WALK-WALK- SHUFFLE FORWARD

1-2 Step back on RF – sweep LF from front to back – step LF –sweep RF from Front to back

3&4 Step RF back while turning ½ rigth –step LF next to RF- step RF forward

5-6 Step LF forward – step RF forward

7&8 Step LF forwar – step RF together – Step LF forward

ROCK STEP-SHUFFLE 1/2 TURN-ROCK STEP SHUFFLE 3/4 turn

1-2 Step forward on RF – recover on to LF

3&4 Step on to RF while you turn ¼ Rigth -step LF next to RF – step RF while you Turn ¼ right

5-6 Step LF forward – recover on to RF

7&8 Step on to LF while you turn ½ left – step RF next to LF- step on to LF while Turn ¼ left

SIDE ROCK - BEHIND-SIDE-CROSS-POINT & POINT & HEEL & TOUCH

1-2 Step RF to rigth – recover to LF

3&4 Step RF behind LF – step LF to side – cross RF over LF

5&6& point LF to side – step LF next to RF – point RF to side – step RF next to LF

7&8 Touch left heel forward –step LF next to RF – Touch RF next to LF