

Not Afraid

拍数: 32 墙数: 4 级数: Improver
编舞者: Craig Miyamoto (USA) & Mike Dey (USA) - April 2019
音乐: One Less Day (Dying Young) - Rob Thomas : (Album: Chip Tooth Smile)



Note: Thanks to Pat Miyamoto for music suggestion

[1-8] WALK, WALK, ROCK and CROSS, PRESS STEP RECOVER ¼ RIGHT SAILOR STEP

1,2 Step Left Forward, Step Right Forward,
3&4 Rock side Left-Recover Right, cross Left over Right
5,6 Step Right diagonally forward towards 1:30 and press Right into floor, Recover weight to Left
7&8 Right Sailor Step with ¼ Turn Right [3:00]

[1-8] SYNCOPATED CROSSING STEPS, ROLLING RIGHT VINE, LEFT CROSS STEP

1,2 Cross Left over Right, Recover weight to Right
&3,4 Step Left Beside Right, Cross Right over Left, Recover weight to Left
5,6,7,8 1/4 turn right stepping forward on right, 1/2 turn right stepping back on left, 1/4 right stepping side on right, cross left over right [3:00]

[1-8] RIGHT SIDE ROCK-RECOVER, RIGHT COASTER STEP, PIVOT 1/2 TURN RIGHT X2 1-2 Right Side Rock Recover

3&4 Right Coaster Step (Right Back, Together Left, Step Forward with Right)
5-6 Step Forward Left, Turn ½ Right (Take weight on Right)
7-8 Step Forward Left, Turn ½ Right (Take weight on Right)

[1-8] LINDY LEFT, STEP RIGHT ¼ RIGHT, ¾ VOLTA STEPS

1&2 Chasse Left Right Left
3,4 Rock Right behind Left, Recover Left
5, Step Right ¼ turn to Right
a-6, a-7, a-8 ¾ Volta Step (Volta Pattern is Turning ¾ clockwise-Right: Stepping Left on the 'a' count and Right ¼ turn on the numbered counts, Left-Right ¼, Left-Right ¼, Left-Right ¼)

REPEAT

RESTARTS: There are two Restarts.

The First is on Wall 5. After the first 8 counts Restart the dance facing 3:00.

The second Restart is on Wall 7. After the first 8 counts Restart the dance facing 9:00.