

# Frisbee

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mette Mørk (NOR) - August 2019  
音乐: Frisbee - Laila Samuels



**Intro: 16 count start on vocal**

**Rock right forward, recover left, shuffle back, Rock L back, Recover R, shuffle forward**

1-2            Rock right foot forward, recover on left  
3&4           Shuffle back (stepping right, left, right)  
5-6           Rock left foot back, recover on right  
7&8           Shuffle forward (stepping left, right, left)

**Step point twice, , sailor step ,sailor step ¼ turn**

1-2            Step right over left (point to left)  
3-4            Step left over Right (point to right)  
5&6           Step right behind left, step left to right side, step right in place  
7&8            Turn ¼ left stepping left behind right, right step in place, step left next to right

**Slide touch forward diagonally twice, slide touch back diagonally twice**

1-2            slide right foot diagonally forward, touch left together  
3-4            slide left foot diagonally forward, touch right together  
5-6            slide right foot diagonally back, touch left together  
7-8            slide left foot diagonally back, touch right together

**Side rock right, coaster step, side rock left, coaster step**

1-2            Rock to right side, recover to left  
3&4            right coaster step back (step right back, left together, step right forward)  
5-6            rock to left side, recover to right  
7&8            Left coaster step back (step left back, right together; step left forward)

**Tag after wall 5: 4 count. Sway your hips. (Right, left, right, left. (start over)**

**Dance ends after 24 count in wall 8**

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