

Kom lad os gå

拍数: 32 墙数: 4 级数: Improver Cha Cha
编舞者: Lone Straszek (DK) - August 2019
音乐: Alt er godt (feat. Thomas Buttenschøn) - Chief 1



Intro: 32 counts (After 16. Seconds) Start with weight on R foot

Note: Lavet til sommerdans ved Lagunen i Hals

[1 – 9] Step, cross rock, chasse ¼ R, pivot ½ R, ½ turn R lockstep

1-3 Step L to L (1), Cross rock R in front of L (2) recover on L (3) 12:00
4&5 Step R to R (), Step L beside R (&), turn ¼ R as stepping R forward (5) 03:00
6-7 Step L forward, pivot ½ turn R stepping R forward 09:00
8&1 ½ turn R stepping back on L (8), cross R over L (&), step back L (1) 03:00

[10 – 17] Back rock, kick ball cross, side rock, behind side cross,

2-3 Rock R back, recover L 03:00
4&5 Kick R forward (4) step ball of R beside L (&), Step L over R (5) 03:00
6-7 Side rock R (6), recover L (7) 03:00
8&1 Step R behind L (8), step L to L (&), cross R over L (1) 03:00

[18 – 25] Side Rock R, sailor ½ turn L, side together, chasse R

2-3 Step L to L (2), recover R (3) 03:00
4&5 Cross L behind R (4), turn ½ L stepping R to R side (&) step L to L side (5) 09:00
6-7 Step R to R (6), step L beside R (7) * restart wall 10 09:00
8&1 Step R to R (8), step L beside R (&) step R to R (1) 09:00

[26 -32] Hold ball side x 2, cross rock, chasse L

2&3 Hold (2), ball step L beside R (&), step R to R (3) 09:00
4&5 Hold (4), ball step L beside R (&), step R to R (5) 09:00
6-7 Cross rock L over R (6), recover R (7) 09:00
8&1 Step L to L side (8), step R beside L (&), Step L to L side (1 start of dance) 09:00

Start again....

Last Update - 10 Aug. 2019