

Castles – AB

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Lene Mainz Pedersen (DK) - July 2019
音乐: Castles - Freya Ridings : (iTunes)



Intro: 8 Counts without music

NO TAGS & NO RESTARTS & NO ENDING ☐

[1-8] STEP LOCK, STEP LOCK STEP - R & L

1 - 2 Step fw on R, Lock L behind R
3 & 4 Step fw on R, Lock L behind R, step fw on R
5 - 6 Step fw on L, Lock R behind L
7&8 Step fw on L, Lock R behind L, Step fw on L

[9-16] CROSS R, STEP BACK L, CHASSE R, CROSS L, STEP BACK R, CHASSE 1/4 L

1 - 2 Cross R in front of L, Step back on L
3 & 4 Step R to R side, Step L beside R, Step R to R side
5 - 6 Cross L in front of R, Step back on R
7&8 Step L to L side, Step R beside L, Turn 1/4 L stepping L fw (9:00)

[17-24] MAMBO R, WALK BACK L & R, COASTER, WALK FW R & L

1 & 2 Rock fw on R, Recover on L, Step small step back on R
3 - 4 Walk back on L, Walk back on R
5 & 6 Step back on L, Step R beside L, Step fw on L
7 - 8 Walk fw on R, Walk fw on L

[25-32] OUT, OUT, IN, IN, WALK AROUND 1/2 R

1 - 2 Step R out to R diagonal, Step L out to L diagonal
3 - 4 Step R in place, Step L beside R
5 - 8 Walk 1/2 circle around your R shoulder R, L, R, L (3:00)

Begin Again

Contact: lene.m@privat.dk - www.happylinedanceherning.dk