

Normal People

拍数: 32 墙数: 2 级数: Improver
编舞者: Karen Holtom (UK) - December 2019
音乐: Normal People - Chris Janson : (iTunes, amazon)



***Restart with step change on Wall 3**

Intro: 20 counts, start on vocals

SECT 1: ROCK RECOVER, BALL, ROCK RECOVER HOOK x 2

1, 2 Rock forward on R, Recover on L
&3, 4 Step onto ball of R foot, Rock forward on L, Recover on R hooking L in front of R
5, 6 Rock forward on L, Recover on R
&7, 8 Step onto ball of L foot, Rock forward on R, Recover on L hooking R in front of L (12)

SECT 2: ROCK RECOVER, SHUFFLE ¼ R, CROSS, ¼, ¼ ROCK & CROSS

1, 2 Rock forward on R, Recover on L
3 & 4 Turning ¼ R stepping R to R side, step L next to R, step R to R side (3)
5, 6 Cross L over R, Turning ¼ L step back on R (12)
7& 8 Turning ¼ L rock L to L side, recover on R, Cross L over R (9) *

SECT 3: SIDE TOGETHER, ROCK & CROSS, ¼, ½, SHUFFLE FORWARD

1, 2 Step R to R side, Step L next to R
3 & 4 Rock R to R side, Recover on L, Cross R over L
5, 6 Turn ¼ R stepping back on L, Turn ½ R stepping forward on R (6)
7 & 8 Step forward on L, step R next to L, step forward on L

SECT 4: ROCK RECOVER, BALL STEP, BACK, BACK, TOE ½ TURN, STEP ½ TURN

1, 2& Rock forward on R, recover on L, step ball of R next to L
3, 4 Step back on L, Step back on R
5, 6 Touch L toe behind R, pivot ½ turn L (weight on L) (12)
7, 8 Step forward on R, pivot ½ turn L (6)

***RESTART ON WALL 3, WITH STEP CHANGE (Starts facing 12, restart facing 6)**

SECT 2: ROCK RECOVER, SHUFFLE ¼ R, CROSS, ¼, ½, TOUCH

1, 2 Rock forward on R, Recover on L
3 & 4 Turning ¼ R stepping R to R side, step L next to R, step R to R side
5, 6 Cross L over R, Turning ¼ L step back on R
7, 8 Turn ½ L stepping forward on L, Touch R next to L