

2 The Woods

拍数: 80 墙数: 4 级数: Phrased Intermediate
编舞者: Rutu Manchiganti (USA) & John Huffman (USA) - February 2020
音乐: The Woods - Zac Brown Band : (Album: Owl)



Sequence: A,B,B,A+,B,B,A+,A,B,A

Intro: Dance starts after 16 counts Weight on L

Section A (48 cts)

Heel Grind 1/4 R, Coaster Step, Rocking Chair

1-2 1) Grind R heel turning 1/4 R 2) Step L to R
3&4 3) Step R back &) Step L to R 4) Step R fwd
5-6-7-8 5) Rock L fwd 6) Recover to R 7) Rock L back 8) Recover to R (3:00)

Heel Grind 1/4 L, Coaster Step, Rocking Chair

1-2 1) Grind L heel turning 1/4 L 2) Step R to L
3&4 3) Step L back &) Step R to L 4) Step L fwd
5-6-7-8 5) Rock R fwd 6) Recover to L 7) Rock R back 8) Recover to L (12:00)

Step, Hold, Ball-Walk, Walk, Rock, Recover, Shuffle 1/2

1-2&3-4 1) Step R fwd 2) Hold &) Ballstep L to R 3) Step R fwd 4) Step L fwd
5-6 5) Rock R fwd 6) Recover to L
7&8 7) Turn 1/4 R step R to side &) Step L to R 8) Turn 1/4 R step R fwd (6:00)

Shuffle 1/2, Backrock, Recover, Jazz Box 1/4 Cross

1&2 1) Turn 1/4 R step L to side &) Step R to L 2) Turn 1/4 R step L back
3-4 3) Rock R back 4) Recover to L
5-6-7-8 5) Step R across L 6) Turn 1/4 R step L back 7) Step R to side 8) Step L across R (3:00)

Side, Hold, Ball-Side, Hold, Ball-Hip Bumps R, Hip Bumps L

1-2&3-4 1) Step R to side 2) Hold &) Ballstep L to R 3) Step R to side 4) Hold
&5&6 &) Ballstep L to R 5) Bump hips R &) L 6) R (wt to R)
7&8 7) Bump hips L &) R 8) L (wt to L) (3:00)

Side rock, Recover, Crossing Shuffle, 1/4, 1/4, Crossing Shuffle

1-2 1) Rock R to side 2) Recover to L
3&4 3) Step R across L &) Step L to side 4) Step R across L
5-6 5) Turn 1/4 R step L back 6) Turn 1/4 R step R to side
7&8 7) Step L across R &) Step R to side 8) Step L across R (9:00)

****NOTE: During the "A+" phrases you will repeat this last set of 8**

Section B (32cts)

Diag Walk x 3, Kick, Back, Back, Coaster Step w Cross

1-2-3-4 1) On R diag Walk R 2) L 3) R 4) Kick L
5-6 5) On same diag step L back 6) Step R back
7&8 7) Square up to 9:00 step L back&) Step R to L 8) Step L across R (9:00)

Side, Together, Side, Touch, Side, Behind, 1/4, Brush

1-2-3-4 1) Step R to side 2) Step L to R 3) Step R to side 4) Touch L to R
5-6-7-8 5) Step L to side 6) Step R behind L 7) Turn 1/4 L step L fwd 8) Brush R (6:00)

Jazz Box w Cross, Out-Out, Hold, Ball-Cross, Hold

1-2-3-4 1) Step R across L 2) Step L back 3) Step R to side 4) Step L across R

Styling tip, during the chorus he sings "you might get low" do the jazz box "low"

&5-6 &) Ballstep R to side 5) Ballstep L to side 6) Hold

Styling tip, during the chorus he sings "I might stay high" do the out-out on your tiptoes

&7-8 &) Ballstep R to center 7) Step L across R 8) Hold (6:00)

1/4, 1/2, 1/4 Siderock, Recover, Cross, Unwind Full turn, Side

1-2 1) Turn 1/4 R step R fwd 2) Turn 1/2 R step L back

3-4 3) Turn 1/4 R rock R to side 4) Recover to L

5-6-7-8 5) Step R across L 6-7) Unwind full turn for 6-7 8) Step L to R (6:00)

Easier alternative, do a jazz box in place for 5-6-7-8

Please note about the "A+", the "plus" is a tag, you perform the last 8 steps of section A (steps 41-48) a second time

Repeat.... Have FUN ☐

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