

Born & Raised

拍数: 48 墙数: 4 级数: Improver
编舞者: Claude Martin (CAN) - February 2020
音乐: Born and Raised - Hunter Brothers



intro: 16 counts 12.00 hrs

[1-8] Side Rock 1/4 Turn, Shuffle 1/2 Turn, Side 1/4 Turn, Stump, Kick Ball Cross

1-2 RF rock right, return on left 1/4 turn left 9.00 hrs
3&4 Shuffle back 1/2 turn left on RLR 3.00 hrs
5-6 LF 1/4 turn left, RF next to LF 12.00 hrs
7&8 LF kick FW, assemble LF to RF, RF cross over LF

[9-16] Side Rock, Shuffle 1/2 Turn, Point Back, Unwind 1/2 turn, Shuffle FW

1-2 LF rock left, return on RF
3&4 shuffle 1/2 turn right on LRL 6.00 hrs
5-6 RF toe back , unwind 1/2 turn to the right weight on RF
7&8 shuffle FW on LRL 12.00 hrs

[17-24] Rock FW, Shuffle FW 1/2 Turn, Full Turn, Shuffle FW

1-2 RF rock FW, return on LF
3&4 shuffle 1/2 turn right on RLR 6.00 hrs
5-6 LF rear 1/2 turn right, RF 1/2 turn FW to right 6.00 hrs
7&8 shuffle FW on LRL

[25-32] (Cross Rock Step) x 2, Cross Point, Heel Bounces x 3

1&2 RF cross rock in front of LF, recover on LF, RF to right
3&4 PG cross rock in front of RF, recover on RF, LF to left
5-6 Toe of PD crossed in front of PG, heel down and 1/4 turn left
7- bounce heels by doing 1/4 from turn to the left, lower the heels.
8- bounce heels by doing 1/4 from turn to the left, lower the heels, 9.00 hrs

[33-40] (Side Rock, Behind & Cross) x2

1-2 RF rock right, recover on PG
3&4 RF cross behind LF, LF to left, RF cross in front of LF
5-6 LF rock left, recover to RF
7&8 LF cross behind RF, RF to right, LF cross in front of RF

[41-48] Diagonal Shuffle x 2, Skate x 4

1&2 diagonal shuffle to right RLR
3&4 diagonal shuffle to left LRL
5- 6 RF front heel inward, LF front heel inward
7- 8 RF front heel inward, LF front heel inward

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