

Summer Sands

拍数: 40 墙数: 4 级数: Improver
编舞者: Glynn Rodgers (UK) & Heather Barton (SCO) - February 2020
音乐: Sand - Greg Bates : (iTunes - 3:45)



Count in: 32 Counts from main beat (Starts on Main Vocals) (Rotates anti-clockwise)
Phrasing: Restart after count 24 on wall 1 / Restart after count 8 on wall 7.

[1-8] Side, Slide/Drag, Cross Shuffle, Hinge ½ Turn, Shuffle Forward.

1-2& Take large step right side with right foot, drag/slide left foot towards right, close left to right.
3&4 Cross right over left, step left slightly to left side, cross right over left.
5-6 Turn ¼ right stepping back left, turn ¼ right stepping side right.
7&8 Step forward left, close right to left, step forward left.

**** Restart here on wall 7 facing 3:00 (Wall 7 starts 9:00)**

[9-16] Syncopated Forward Rocks, Lock Step Back, Shuffle ½ Turn.

1-2& Rock forward right, recover weight on to left, close right to left.
3-4 Rock forward left, recover weight on to right.
5&6 Step back left, lock right over left, step back left.
7&8 Turn ¼ right stepping side right, close left to right, turn ¼ right stepping forward right .

[17-24] Pivot ¼ Turn, Cross Shuffle, Rock ¼ Turn, Full Turn Forward.

1-2 Step forward left, pivot ¼ turn right.
3&4 Cross left over right, step right slightly to right side, cross left over right.
5-6 Rock right to right side, recover weight on to left turning ¼ left.
7-8 Turn ½ left stepping back right, turn ½ left stepping forward left. (or walk right-left)

**** Restart here on wall 1 facing 12:00 (Wall 1 starts 12:00)**

[25-32] Mambo Forward, Coaster Step, Forward Rock, Shuffle ¾ Turn.

1&2 Rock forward right, recover weight on to left, close right to left.
3&4 Step back left, close right to left, step forward left.
5-6 Rock forward right, recover weight on to left.
7&8 Turn ¼ right stepping right to right side, close left to right turning ¼ right, turn ¼ right stepping forward right.

[33-40] Rock & Cross, Rock & Cross, Side Rock, Behind & Cross.

1&2 Rock left to left side, recover weight on to right, cross left over right.
3&4 Rock right to right side, recover weight on to left, cross right over left.
5-6 Rock left to left side, recover weight on to right.
7&8 Cross left behind right, step right to right side, cross left over right.

Start again & enjoy!