

Frame Of Mine

拍数: 24 墙数: 4 级数: Intermediate Rise & Fall waltz
编舞者: Ronald "RONNIE" Grabs (DE) - July 2020
音乐: Frame of Mine - Blake Shelton



CROSS LUNGE-RECOVER / 1/4 L SIDE STEP / CROSS STEP / SIDE CHASSE

1,2 cross lunge left foot in front of right, recover weight on right foot,
3 turn 1/4 left and step left foot to left side,
4 cross step right foot in front of left,
5&6 step left foot to left side, step right foot next to left, step left foot to left side,

1/4 L FWD. STEP / SLOW 1/2 PIVOT L / FWD. STEP / STEPPING FULL TURN R

1 turn 1/4 left stepping right foot forward,
2-3 slow turn 1/2 left and change weight on to left foot,
4 step right foot forward,
5,6 turn 1/2 right stepping left foot back, turn 1/2 right stepping right foot forward,

FWD. BALANCE / STEPS BACK-BACK-1/4 R SIDE STEP

1,2,3 step left foot forward, rock right foot forward, recover weight back on left foot,
4,5,6 step right foot back, step left foot back, turn 1/4 right and step right foot to right side,

TWINKLE / CROSS / SWING & SWAY 1/2 TURN R

1,2,3 cross step left foot diagonally forward right, step right foot diagonally forward right, step left
foot diagonally forward left,
4 cross step right foot in front of left,
5,6 turn 1/4 right stepping left foot back, turn 1/4 right stepping right foot side,

Der Tanz beginnt von vorn

TAG: Nach der 4. Wand fügt Ihr die folgenden Schritte an und beginnt den Tanz mit Blick 12 Uhr von vorn.

TWINKLE / TWINKLE

1,2,3 cross step left foot diagonally forward right, step right foot diagonally forward right, step left
foot diagonally forward left,
4,5,6 cross step right foot diagonally forward left, step left foot diagonally forward left, step right
foot diagonally forward right,