

Frontline

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Nick Goodman (UK) - July 2020
音乐: Frontline - Julius Cowdrey : (iTunes, Amazon Music, 7Digital, Spotify)



(1 count intro, 90bpm)

NC BASIC LEFT, WEAVE RIGHT, SWEEP RIGHT, 3/4 TURN RIGHT, 1/4 TURN RIGHT SIDE ROCK/RECOVER

- 1-2&3 Step left to left side, cross rock right behind left, recover on left, step right to right side
- 4&5 Cross left behind right, step right to right side, cross step left over right as you sweep right from back to front
- 6& Cross step right over left, 1/4 turn right stepping back on left (3:00)
- 7 1/2 turn right as you step forward on right (9:00)
- 8& 1/4 turn right as you rock left to left side (12:00), recover on right

BACK ROCK/RECOVER 1/8 TURN LEFT, LEFT LOCKSTEP, STEP PIVOT 3/8 TURN LEFT, BACK ROCK/RECOVER, SIDE ROCK/RECOVER, CROSS

- 1& Rock back on left, recover 1/8 turn left on right (10:30)
- 2&3 Step forward on left (towards left diagonal), lock right behind left, step forward on left
- 4& Step forward on right, pivot 1/2 turn left (facing 4:30)
- 5 3 1/8 turn left stepping right to right side as you square up to 12:00
- 6& Cross rock left behind right, recover on right
- 7&8 Rock left to left side, recover on right, cross step left over right

ROLLING GRAPEVINE INTO BASIC NC RIGHT, CROSS ROCK RECOVER, SPIRAL 1/2 TURN LEFT, 1/4 TURN LEFT x 2

- 1-2 1/4 turn left stepping back on right (9:00), 1/2 turn left as you step forward on left (3:00)
- 3 1/4 turn left stepping right to right side (12:00)
- 4&5 Cross rock left behind right, recover on right, step left to left side
- RESTART: On wall 6 (facing the front) dance up to count 20&. Restart the dance stepping left to left side.**
- 6& Cross rock right behind left, recover on left
- 7 Step right to right side as you spiral 1/2 turn left (left should be across right with weight back on right) (6:00),
- 8& 1/4 turn left stepping forward on left (3:00), 1/4 turn left stepping right to right side (12:00)

CROSS ROCK/RECOVER, SIDE, BEHIND-SIDE-CROSS, 1/4 TURN RIGHT x 2, SIDE ROCK DRAG

- 1&2 Cross rock left behind right, recover right, step left to left side
- 3&4 Step right behind left, step left to left side, cross step right over left
- RESTART: On wall 4 (facing the back) dance up to count 28. Restart the dance stepping left to left side.**
- 5-6 1/4 turn right stepping back on left (3:00), 1/4 turn right stepping right on forward (6:00)
- 7-8 Rock left to left side, recover on right as you drag left beside right (weight stays on the right)

RESTARTS:

On wall 4 (facing the back) dance up to count 28 and restart (facing 6:00)
On wall 6 (facing the front) dance up to count 20& and restart (facing 12:00).