

Lasting Lover

拍数: 64 墙数: 2 级数: Improver
编舞者: Esmeralda van de Pol (NL) - November 2020
音乐: Lasting Lover - Sigala & James Arthur



Intro: 16 counts

SIDE, BEHIND, BALL CROSS, SIDE, BEHIND, SIDE, CROSS SHUFFLE

1-2& Step RF to R side, Step LF behind RF, Step RF next to LF
3-4 Cross LF over RF, Step RF to R side
5-6 Step LF behind RF, Step RF to R side
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

SIDE, SAILOR HEEL BALL CROSS, SIDE, BEHIND, CHASE 1/4 TURN L

1-2& Step RF to R side, Step LF behind RF, Step LF next to RF
3&4 Tap L heel fwd, Step LF next to RF, Cross RF over LF
5-6 Step LF to L side, Step RF behind LF
7&8 Step LF to L side, Step RF next to LF, 1/4 turn L-step LF fwd 09.00

FWD ROCK, COASTER STEP, SYNCOPATED ROCKSTEPS FWD

1-2 Rock RF fwd, Recover weight on LF
3&4 Step RF back, Step LF next to RF, Step RF fwd
5-6 Rock LF fwd, Recover weight on RF
&7-8 Step LF next to RF, Rock RF fwd, Recover weight on LF

WALK BACK, COASTER CROSS, SIDE ROCK, BEHIND, SIDE, 1/4 TURN R

1-2 Step RF back, Step LF back
3&4 Step RF back, Step LF next to RF, Cross RF over LF
5-6 Rock LF to L side, Recover weight on RF
7&8 Step LF behind RF, Step RF to R side, 1/4 turn R-step LF fwd**restart wall 2 12.00

WALK FWD, SHUFFLE FWD, PIVOT 1/4 TURN R X2

1-2 Step RF fwd, Step LF fwd
3&4 Step RF fwd, Step LF next to RF, Step RF fwd
5-6 Step LF fwd, 1/4 turn R-weight on RF 03.00
7-8 Step LF fwd, 1/4 turn R-weight on RF**restart tag wall 4 06.00

CROSS ROCK, CHASE LEFT, CROSS ROCK, CHASE RIGHT

1-2 Rock LF across RF, Recover weight on RF
3&4 Step LF to L side, Step RF next to LF, Step LF to L side
5-6 Rock RF across LF, Recover weight on LF
7&8 Step RF to R side, Step LF next to RF, Step RF to R side

CROSS POINT, SHUFFLE FWD, FWD ROCK, COASTER STEP

1-2 Cross LF over RF, Point RF to R side
3&4 Step RF fwd, Step LF next to RF, Step RF fwd
5-6 Rock LF fwd, Recover weight on RF
7&8 Step LF back, Step RF next to LF, Step LF fwd

PIVOT 1/2 TURN L, SHUFFLE FWD, PIVOT 1/2 TURN R, SHUFFLE FWD

1-2 Step RF fwd, 1/2 turn L- weight on LF 12.00
3&4 Step RF fwd, Step LF next to RF, Step RF fwd

5-6 Step LF fwd, 1/2 turn R-weight on RF 06.00
7&8 Step LF fwd, Step RF next to LF, Step LF fwd

Restart wall 2 after 32 counts , wall 4 after 40 counts

**NOTE, after wall 4, dance up till count 40 and do the 4 count Tag:
FWD ROCK, COASTER CROSS**

1-2 Rock LF fwd, Recover weight on RF
3&4 Step LF back, Step RF next to LF, Cross LF over RF

Dance With Esmeralda

Esmeralda v.d. Pol / www.esmeralda-dancers.com / esmeraldadancers@gmail.com
