

No Brakes

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Laura Rittenhouse (AUS) - December 2020
音乐: No Brakes - The Wolfe Brothers



Start after 16 beats

S1: VINE RIGHT AND LEFT WITH SCUFFS

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Scuff L foot beside R
5,6,7,8 Step L to L, Cross R behind L, Step L to L, Scuff R foot beside L

S2: SHUFFLE RIGHT TO RIGHT DIAGONAL, ROCK FWD, SHUFFLE LEFT BACK, ROCK BACK

1&2,3,4 Shuffle R to R diagonal (R,L,R) (1:30), Rock L fwd, Recover on R
5&6,7,8 Squaring to 12:00 shuffle L back (L,R,L) (12:00), Rock R back, Recover on L

S3: WEAVE LEFT AND RIGHT

1,2,3,4 Cross R over L, Step L beside R, Cross R behind L, Point L to L
5,6,7,8 Cross L over R, Step R beside L, Cross L behind R, Point R to R

S4: SHUFFLE RIGHT TO LEFT DIAGONAL, ROCK FWD, SHUFFLE LEFT BACK TURNING LEFT, ROCK BACK

1&2,3,4 Shuffle R to L diagonal (R,L,R) (10:30), Rock L fwd, Recover on R
5&6,7,8 Turning L to 9:00 shuffle L back (L,R,L) (9:00), Rock R back, Recover on L