

Prisoner

拍数: 32 墙数: 4 级数: Beginner
编舞者: Suzanna Rands (UK) - March 2021
音乐: Prisoner (feat. Dua Lipa) - Miley Cyrus



Intro: 36 counts, start after the 4 counts of no singing.

Section 1: Walk, Walk, Fwd Shuffle, Rock Recover, Shuffle ½ Turn

1, 2, 3&4 Walk R fwd, walk L fwd, step R fwd, step L together, step R fwd
5, 6, 7&8 Rock L fwd, recover to R, step L ¼ over L, step R together, step L ¼ over L

Section 2: Cross Rock Recover, Chassé R, Cross Rock Recover, Chassé L

1, 2, 3&4 Cross rock R over L, recover to L, step R to side, step L together, step R to side
5, 6, 7&8 Cross rock L over R, recover to R, step L to side, step R together, step L to side

Section 3: Cross, ¼ Step, Coaster Step, Walk, Walk, Fwd Shuffle

1, 2, 3&4 Cross R over L, step L back ¼ over R, step R back, step L together, step R fwd
5, 6, 7&8 Walk L fwd, walk R fwd, step L fwd, step R together, step L fwd

(Restart here on Walls 3 and 7)

Section 4: Fwd Rock Recover, Coaster Step, Fwd Rock Recover, Coaster Step

1, 2, 3&4 Rock R fwd, recover to L, step R back, step L together, step R fwd
5, 6, 7&8 Rock L fwd, recover to R, step L back, step R together, step L fwd

Restart on walls 3 and 7 at the end of section 3
