

Settling Down

拍数: 32 墙数: 1 级数: Beginner
编舞者: Charlie Beavan (USA) - June 2021
音乐: Settling Down - Miranda Lambert



Intro: 32 counts - no tags - no restarts

SHUFFLE RIGHT, SHUFFLE LEFT, ¼ TURN LEFT, ¼ TURN LEFT

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5,6 Step forward on the right and make ¼ left turn
7,8 Step forward on the right and make ¼ left turn

RIGHT JAZZ BOX WITH A CROSS, ¼ TURN LEFT SHUFFLE BACK, ROCK BACK ON LEFT, RECOVER ON RIGHT

1-4 Cross right over left, step back on left, step right to side, cross left over right
5&6 ¼ left shuffle back right, left, right
7-8 Rock back on left, recover on right

SHUFFLE LEFT, SHUFFLE RIGHT, ¼ RIGHT, ¼ RIGHT

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right
5,6 Step forward on the left and make a ¼ right turn
7,8 Step forward on the left and make a ¼ right turn

LEFT JAZZ BOX WITH A CROSS, ¼ TURN RIGHT SHUFFLE BACK, ROCK BACK ON RIGHT, RECOVER ON LEFT

1-4 Cross left over right, step back on right, step left to side, cross right over left
5&6 ¼ right shuffle back left, right, left
7-8 Rock back on right, recover on left

REPEAT

Last Update - 26 August 2021