

Visiting Hours EZ

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sue Wellesley-Davies (NZ) - September 2021
音乐: Visiting Hours - Ed Sheeran



Dance Starts after 16 Counts

Restarts: Wall 3 and Wall 6 after 8 counts

Section 1: Step Back R, Sweep L, Step L, Sweep R, Step Back R, Sweep L, Rock back L, Recover R. Step Fwd L, Sweep R, Step Fwd R, Sweep L, Step Fwd L, Sweep R, Cross R over L, Unwind ½ L

1&2&3&4& Step R foot back, Sweep L foot back, Step L foot back, Sweep R foot back, Step R foot back, Sweep L foot back, Rock back onto L foot, Recover fwd onto R

5&6&7&8& Step L foot fwd, Sweep R foot fwd, Step R foot fwd, Sweep L foot fwd, Step L foot fwd, Sweep R foot fwd, Cross R foot over L, Unwind ½ turn over L shoulder

***BOTH RESTARTS OCCUR HERE (WALLS 3 & 6 - TO FRONT WALL)**

Section 2: Side Drag, Behind, ¼ Turn, ¼ Side Drag, Behind, Rock Back, Recover X 2

1,2& 3,4& Big Step to R, Step L behind, ¼ Turn R with R Foot, Turn a further ¼ Turn and Big Step to L, Step R behind, Recover onto L

5,6& 7,8& Repeat Above

Section 3: Cross Rock, Recover, Cross Rock, Recover, Rocking Chair

1,2& 3,4& Rock R across L, Recover onto L, Ball Change to R foot, Rock L across R, Recover onto R, Ball Change to L foot

5,6,7,8 Rock weight Fwd onto R foot, Rock weight back onto L, Rock weight Back onto R foot, Rock weight fwd onto L

Section 4: Skate Fwd, R, L, Shuffle Fwd, R/L/R, Rock Fwd onto L, Recover onto R, Shuffle Back, L/R/L

1,2,3&4 Push R foot Fwd to R diagonal, Push L foot Fwd to L diagonal, Shuffle Fwd, R/L/R

5,6,7&8 Rock Weight Fwd onto L foot, Recover back onto R foot, Shuffle backwards L/R/L