

Bare når det regner

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Benedikte R. Grønland (NOR) - June 2021
音乐: Bare når det regner - Chris Holsten



Intro: After 16 counts

[1-8] Side Shuffle, ¼ Diamond, Step Back x3, Rock Recover, 5/8 Turn Step Back, Full Turn

1 & 2 Step R to right side, Step L together, Step R to right side
3 & 4 Cross L over R, Step R to right side, 1/8 Turn Step L back (10:30)
& 5 Step R back, Step L back
6 & 7 Rock R back, Recover onto L, 5/8 Turn Step R back (3:00)
8 & ½ Turn over L shoulder Step L forward (9:00), ½ Turn over L shoulder Step R back (3:00)

[9-16] Step Back, Synchopated Coaster Step with Step Lock Step, Step Forward, ½ Turn, Behind, Side, (the beginning of a) Cross Shuffle

1 Step L back
2 & 3 Step R back, Step L together, Step R forward
& 4 Lock L behind R, Step R forward
5, 6 Step L Forward, ½ Turn over R shoulder (weight on L foot) (9:00)
7 & 8 Step R back, Step L together, Cross R over L

[17-24] (end of a) Cross Shuffle, Side, Together, 1/8 Turn Step Forward, ½ Turn x2, Step Lock Step, Rock Recover

& 1 Step L together, Cross R over L
2 & 3 Step L to left side, Step R together, 1/8 Turn Step L forward (10:30)
4, 5 ½ Turn over L shoulder Step R back (4:30), ½ Turn over L shoulder Step L forward (10:30)
6 & 7 Step R forward, Lock L behind R, Step R forward
8 & Rock L forward, Recover onto R

[25-32] 1/8 Turn Side Rock, 1/8 Turn Back Rock, 5/8 Turn Step Back, ¼ Turn slide, Ball, Step x2

1 & 2 1/8 Turn Rock L to left side (9:00), Recover onto R, 1/8 Turn Rock L back (7:30)
3, 4 Recover onto R, 5/8 Turn Step L back (12:00)
5, 6 ¼ Turn Step R to right side (3:00), Hold
& 7, 8 Step L together, Step R forward, Step L forward

[33-40] Step, Step ¼ Turn, Cross Shuffle, ¼ Turn Step Back, ¼ Turn Step Side, Cross Shuffle

1, 2 & Step R forward, Step L forward, ¼ Turn weight on R (6:00)
3 & 4 Cross L over R, Step R together, Cross L over R
5, 6 ¼ Turn Step R back (3:00), ¼ Turn Step L to left side (12:00)
7 & 8 Cross R over L, Step L together, Cross R over L

[41-48] Side Rock, Cross, ¼ Turn Step Back, ¼ Turn Step Side, Cross, Sweep, Cross, ¼ Turn Step Back, ½ Step Forward

& 1, 2 Rock L to left side, Recover onto R, Cross L over R
3, 4 ¼ Turn Step R back (9:00), ¼ Turn Step L to left side (6:00)
5, 6 Cross R over L, Sweep L in front of R
7, 8 & Cross L over R, ¼ Turn Step R back (3:00), ½ Turn over L shoulder Step L forward (9:00)

¼ Turn start again, Step R to right side (6:00)

No tags, no restarts

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