

Cross Country

拍数: 32 墙数: 4 级数: Novice Polka
编舞者: Nath SASSARO (FR) - November 2021
音乐: Cross Country - BRELAND



No Tag - No restart

Intro : 16 counts (Approx 12 s)

SQ 1 : Back Shuffle- Back Rock-Step-L 1/4T-Step- Behind-Side-Cross

1&2 Back step on RF (1) LF next to RF (&) back step on RF (2)
3-4 Rock Back on LF (3) Recover on RF (4)
5-6 Step Fwd on LF (5) 1/4T to L stepping RF to R side (6)
7&8 Cross LF behind RF (7) RF to R side (&) cross LF over RF (8) (9 :00)

SQ2 : Side Rock-Cross shuffle-Side Rock-Back Rock

1-2 Side Rock to R side (1) Recover on LF (2)
3&4 Cross RF over LF (3) Step LF to L (&) Cross RF over LF (4)
5-6 Side Rock on LF (5) Recover on RF (6)
7-8 Back Rock on LF (7) Recover on RF (8) (9 :00)

SQ3 : Shuffle Fwd-Rock Fwd-Syncopated Back Rocks

1&2 Step Fwd on LF (1) RF next to LF (&) Step Fwd on LF (2)
3-4 Rock Fwd on RF (3) Recover on LF (4)
&5-6 RF next to LF (&) Back Rock on LF (5) Recover on RF (6)
&7-8 LF next to RF (&) Back Rock on RF (7) Recover on LF (8) (9 :00)

SQ4 : Step Fwd- R 1/4T -Step- R 1/4T Sailor step-Side Rock-Together-Point-Touch

1-2 Step Fwd on RF (1) 1/4T to R, stepping LF to L side (2)
3&4 Cross RF behind LF (3) 1/4T to R, stepping LF to L side (&) RF to R side (4)
5-6 Side Rock on LF (5) Recover on RF (6)
&7-8 LF next to RF (&) Point RF to R side (7) Touch RF next to LF (8) (3 :00)

Ending :

When the music goes down, go on dancing ...

To finish on the front wall, after the cross shuffle of the SQ2, make 1/2T to L (you just have to slowly unwind, after the last cross)

Enjoy

RF= Right Foot - LF=Left Foot - R=Right - L= Left - Fwd= Foward

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