

The Ties That Bind

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Myra Harrold (SCO) - February 2022
音乐: She's Got a Single Thing in Mind - Jeff Bates : (Album: Me And Conway)



Intro: 32 Counts

SECT:1 CROSS ROCK,CHASSE R,ROCK FWD,SHUFFLE BACK

1,2,3&4 Cross Rock Rf Over Lf,Recover To Lf,Rf To R,Close Lf To Rf,Rf To R (12)
5,6,7&8 Rock Lf Fwd,Recover To Rf,Lf Back,Close Rf To Lf,Lf Back (12)

SECT:2 BACK ROCK,1/2 SHUFFLE,WALK BACK X 2,TOE BACK,1/4 (OPTION:SLIDE THE 2 WALKS BACK)

1,2,3&4 Rock Rf Back,Recover To Lf,Pivot 1/4 L,Rf To R,Close Lf To Rf,Pivot 1/4 L,Rf Back (6)
5,6,7,8 Walk Back 2 Steps Lf,Rf,Point L Toe Back,Pivot 1/4 L,Transfer Weight To Lf (3)

SECT:3 CROSS ROCK,SIDE ROCK,1/4,BACK,POINT,FWD,POINT

1,2,3,4 Cross Rock Rf Over Lf,Recover To Lf,Rock Rf To R,Pivot 1/4 R,Lf Back (6)
5,6,7,8 Rf Back,Point L Toe To L,Lf Fwd,Point R Toe To R (6)

(Both Restarts Happen Here)

SECT:4 KNEE IN,TURN 1/4 ,BACK ROCK,RECOVER,1/4 PIVOT X 2

1,2,3,4 R Knee In,Pivot 1/4 R, R Toe Pointed Fwd,Rf Rock Back,Recover To Lf (9)
5,6,7,8 Rf Fwd,Pivot 1/4 L,Weight To Lf,Rf Fwd,Pivot 1/4 L,Weight To Lf (3)

****2 Restarts - Both After After Sect:3**

Wall 5 Facing 6 O.Clock And Wall 10 Facing 12 O.Clock