

Unbreakable

拍数: 32 墙数: 4 级数:
编舞者: Kim McCloughan (AUS) - November 2015
音乐: Unbreakable (Acoustic) - Mickey Guyton : (Album: Unbreakable - EP)



Mudgee Gulgong Linedancers

Original Position: Feet Together Weight On The Left Foot

This dance is done in FOUR directions Introduction: 16 beats

ROCK STEPS, SWEEPS, QUICK PIVOT ½ L ¼ POINT

- 1-2 & Rock R foot forward 45 degrees R, Rock back onto L foot and step R foot together.
3-4 & Rock L foot back 45 degrees L, Rock forward onto R and step L foot together.
5-6 Sweep R foot forward to step R foot in front of L, Sweep L foot forward to step L foot in front of R.
7&8 Quick Pivot: Step R forward, Turn 180 degrees L put weight on L foot, 90 degrees L point R toe to the R side.

CROSS & HEEL, CROSS ¼ HEEL, LOCK SHUFFLE, QUICK PIVOT ½ R STEP

- 1&2& Cross R over L, Step L to the L side touch R heel forward 45 degrees R, Step R to R side.
3&4& Cross L over R, turn 90 degrees L stepping back onto R, Touch L heel forward 45 degrees L, step L back together.
5&6 Lock shuffle forward step R forward, Lock L foot behind R, Step R foot forward.
7&8 # Quick pivot turn: Step L foot forward, Pivot 180 degrees R, Step L foot forward.

STEP, TWIST TURNS, COASTER, SHUFFLE, FULL TURN

- 1&2 Step R forward twist both heels R as you turn 90 degrees L, Twist both heels L as you turn 90 degrees turn R.
3&4 Coaster step: Step back R, Step L together, Step forward R.
5&6 Shuffle forward step: L-R L
7-8 Turn 180 degrees L step back R, Turn 180 degrees L step forward L.

ROCK STEP, WEAVE, ¼ TURN, ROCK STEP, ½ TURN, FULL TURN, STEP

- 1-2 Cross rock R foot over L, Rock weight back onto L foot.
&3&4 Step R to R side, Step L over R, step R to R side, step L behind R.
&5--6 Turn 90 degrees R step R forward, Rock forward onto L foot, Rock back onto R foot.
&7-8 Turn 180 degrees L step L foot forward, Step R foot forward into a full 360 degree turn L, Step L foot forward.

[32] REPEAT DANCE IN NEW DIRECTION

RESTARTS : On wall 2 & wall 4 dance to beat 16 (#) and restart facing 9.00 & 6.00 respectively

ENDING: Dance to count 14 (lock step) then step L forward pivot a turn a ¼ turn R then step L foot over R to end the dance.