

Sun and Moon

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - July 2022
音乐: Sun and Moon - Anees : (Spotify / Apple Music / Deezer)



[S1] 3x (Diagonal Fwd-1/4L Step-Lock-Step), Sweep, Cross, 1/8R Back

- 1 Step diagonally forward on R (1:30)
- 2&3 Step diagonally forward on L (10:30), Lock/step R behind L, Step forward on L
- &4&5 Step forward on R, Step diagonally forward on L (7:30), Lock/step R behind L, Step forward on L
- &6&7 Step forward on R, Step diagonally forward on L (4:30), Lock/step R behind L, Step forward on L
- &8& Sweeping R around L, Cross R over L, Make a 1/8 turn right stepping back on L (6:00)

[S2] Side-Hitch-Cross-Side-Hitch-Behind-1/4R, Fwd Rock-Side-Rock, Run Back

- 1&2& Step R to the side, Hitch L knee, Cross L over R, Step R to the side
- 3&4 Hitch L knee, Step L behind R, Make a 1/4 turn right stepping forward on R (9:00)
- 5&6& Cross/rock L over R, Replace weight on R, Rock L to the left, Replace weight on R
- 7&8 Run back on L-R-L

[S3] Step-Pivot 1/2L-1/2L, Back Rock, Step-Pivot 1/2R-1/2R, Coaster Step-3/4L

- 1&2& Rock back on R, Replace weight on L, Step forward on R, Make a 1/2 turn left recover weight on L (3:00)
- 3 4& Make a 1/2 turn left stepping back on R (9:00), Rock back on L, Replace weight on R
- 5&6 Step forward on L, Make a 1/2 turn right recover weight on R (3:00), Make a 1/2 turn right stepping back on L (9:00)
- 7& Step back on R, Step L next to R
- 8& Step forward on R, Make a 3/4 turn left recover weight on L (12:00)

[S4] Figure 8 with Side-Touch, Rock Turn 1/4L-Fwd Rock-1/4R-Step-Pivot 1/4R-Cross

- 1&2& Step R to the side, Step L behind R, Make a 1/4 turn right stepping forward on R (3:00), Step forward on L
 - 3&4 Make a 1/2 turn right recover weight on R (9:00), Make a 1/4 turn right stepping L to the side (12:00), Touch R next to L
 - 5&6& Rock R to the side, Making a 1/4 turn left replace weight on L (9:00), Rock forward on R, Replace weight on L
 - 7&8& Make a 1/4 turn right stepping forward on R (12:00), Step forward on L, Make a 1/4 turn right recover weight on R (3:00), Cross L over R
- Step diagonally forward to start again (4:30)

No tags or restarts

Ending suggestion; The last wall starts facing 7:30. Dance up to count 15& (3:00), then Make a 1/4L turn stepping L to the side (12:00)

Last Update - 5 July 2022