

Rafts

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Rachelle Wieczorek (USA) - July 2022
音乐: Tennessee Whiskey - Chris Stapleton : (Slow Rumba)



More Songs: I'm Yours by Jason Mraz (Fox Trot); Wagon Wheel by Darius Rucker (Two Step, this song has a restart); Never Say Never by Cole Swindell (Fast Rumba)
(Named for the song types you can dance it to: Rumba, Fox Trot, Two Step)

Box

1-2 Step Left Foot Forward long step, hold/brush/tap right
3-4 Step Right Foot to right side, Step Left Foot together
5-6 Step Right Foot Backward long step, hold/brush/tap right
7-8 Step Left Foot to left side, Step Right Foot together

Box Turning 1/4 Left

1-2 Step Left Foot Forward long step with 1/8 Turn Left, hold/brush/tap right
3-4 Step Right Foot to right side, Step Left Foot together
5-6 Step Right Foot Backward long step with 1/8 Turn Left, hold/brush/tap right
7-8 Step Left Foot to left side, Step Right Foot together

Forward Rocks/Cross Over Breaks

1-2 Step Left Foot to Left Side long step, hold/brush/tap right
3-4 Rock Step Right Foot forward and slightly across Left Foot, Replace weight back to the Left
5-6 Step Right Foot to Right Side long step, hold/brush/tap right
7-8 Rock Step Left Foot forward and slightly across Right Foot, Recover weight back to the Right

Note: Very beginners can rock step directly forward and back without any crossing to support balance.

Pivot/Walking Turn and Side Basic Step

1-2 Step Left Foot to Left Side long step with 1/4 turn Left, hold/brush/tap right
3 Step Right Foot Forward and pivot 1/2 turn Left
4 Recover weight forward onto Left Foot and pivot 1/4 turn Left
5-6 Step Right Foot to Right Side long step, finishing any remaining turn, hold/brush/tap right
7-8 Step Left Foot together next to Right Foot, Change weight back onto the Right Foot in place

Note: For a no turn option, repeat another rock step as with 1-4 in previous section then continue with 5-8 basic. If turning, dancers have all of counts 1 through 6 to complete the full turn.

Styling Notes

Rumba: long steps are step with a hold, leaving the opposite leg extended out. "Slow, Quick, Quick" = "Step Hold, Side, Together"

Fox Trot and Two Step: long steps are step with the opposite foot brushing without weight next to the standing leg. "Slow, Quick, Quick" = "Step Brush, Side, Together"

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