

Natural

拍数: 32 墙数: 4 级数: Beginner
编舞者: Stephanie Dawn Tippie (USA) & Muddy Boots Line Dancing (USA) - September 2022
音乐: Natural - BRELAND



Dance starts 32 counts from the start of the song
no tags or restarts.

when the song stops just keep dancing there is almost a min left in the song

Section 1: R heel hook, R forward shuffle, L heel hook, L forward shuffle

1, 2 Tap R heel forward, Bring R heel to L shin
3&4 Step R forward, Step L next to R, Step R forward
5,6 Tap L heel forward, Bring L heel to R shin
7&8 Step L forward, Step R next to L, Step L forward

Section 2: R step, ½ pivot, R&L forward shuffle, R rock recover with Hip sway

1,2 Step R forward, ½ pivot L putting weight on L (6:00)
3&4 Step R forward, Step L next to R, Step R forward
5&6 Step L forward, Step R next to L, Step L forward
7,8 Step R forward as you push R hip over R, Recover on L as you push hip back

Section 3: ¼ Turn step, hip sway/shakes, R Lindy step

1,2 ¼ turn R stepping R to R side and sway hips R, Sway hips L(9:00)
3,4 sway hips R, Sway hips L
5&6 Step R to R side, Step L next to R, Step R to R side
7,8 Step L back slightly behind R, Recover on R

Section 4: Lindy ¼ turn, ¼ Jazz box

1&2 Step L to L side, Step R next to L, Step L to L side
3,4 ¼ turn R stepping R back, Recover weight on L (12:00)
5,6 Cross R over L, Step L back
7,8 ¼ turn R stepping R to R side, Step L forward (3:00)

Then start again!! Enjoy ☐

****keep dancing thru the song break it picks right back up!!****