

# Moon and Back

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Helen Parkyn (UK) - February 2023  
音乐: To the Moon and Back - Scott Wilkes



**\*\* Finalist in UKLDA 2023 (Grassroots instructor section)**

## **STEP, SWEEP, CROSS BACK SIDE, CROSS, HOLD, BEHIND 1/4 TURN LEFT STEP (9.00)**

1, 2, 3&4      Step forward right, sweep left from behind to in front, cross left over right, step back right on the &, step left to left side  
5,6 7&8      cross step right over left, hold, step to left side, cross right behind left with 1/4 turn left, step forward left.

## **ROCK, RECOVER, TRIPLE 1/2 TURN RIGHT, CROSS, BACK, ROCK BACK, RECOVER**

1, 2, 3&4      rock forward right, recover back on left, triple step with 1/2 turn right (3.00)  
5,6,7,8      cross step leftover right, step back right, rock back left, recover forward on right

## **STEP LEFT, HOLD, BEHIND SIDE FRONT X 2**

1, 2, 3&4      step left to left side, hold, cross right behind left, step left to side (on &), cross right over left  
5, 6, 7&8      step left to left side, hold, cross right behind left, stella left to side (on &), cross right over left

## **SIDE ROCK, RECOVER, CROSS SHUFFLE, HINGE 1/2 TURN LEFT IN 2 STEPS (9.00), RIGHT KICK BALL CHANGE**

1, 2, 3&4      rock left to left side, recover onto right, cross left over right, bring right up behind (on &), cross left over right  
5, 6, 7&8      step back right with 1/4 turn left (6.00), make 1/4 turn left (9.00) stepping left to side, kick right, take weight on ball of right (on &), step back down on left

**End of dance**

## **TAG 4 BEATS ... ROCKING CHAIR ... END OF WALLS 3 (facing 3.00) AND 6 (facing 6.00)**

1, 2, 3, 4 ...      rock forward on right, recover back on left, rock back on right, recover forward on left  
**The end of the song slows right down, but after a few practises and slowing the dance right down until it kicks in again, you can keep the dance going.**  
**To end just cross left over right and unwind to face front after count 20**

Last Update - 1 Mar. 2023 - R2