

Retrograde

拍数: 48 墙数: 2 级数: Improver
编舞者: Aurora de Jong (USA) - July 2023
音乐: Retrograde - Jeffrey James



1 easy 8 count tag after Wall 1

Hop forward R&L, Clap, Knee pops, Step touch, Kick ball cross

&1, 2 Hop R forward (&), hop L forward (1), clap (2)
&3&4 Lift heels, popping knees forward (&), drop heels (3), lift heels, popping knees forward (&), drop heels (4)
5, 6 Step L to left (5) touch R to L (6)
7&8 R kick ball cross: Kick R forward to the 1:30 diagonal (7), step ball of R to L (&), step L across R (8)

Lindy right, ¼ left L shuffle forward, R step pivot ½ left

1&2 Side shuffle right: Step R to right (1), step ball of L to R (&), step R to right (2)
3, 4 Rock L back (3), recover to R (4)
5&6 L forward shuffle: Turning ¼ left step L forward (5), step ball of R to L (&), step L forward (6) (9:00)
7-8 Step R forward (7), pivot ½ left, transferring weight to L (8) (3:00)

R shuffle forward, Full turn right, Forward rock with L, ¼ left L side shuffle

1&2 R shuffle forward: Step R forward (1), step ball of L to R (&), step R forward (2)
3-4 Full turn right: step L back turning 1/2 right (3), step R forward turning ½ right (4)
***easy option for counts 3-4: Just walk! Step L forward (3), step R forward (4)**
5,6 Rock L forward (5), recover to R (6)
7&8 L side shuffle: Turning ¼ left, step L to left (7), step ball of R to L (&), step L to left (8) (12:00)

R cross rock, R side shuffle, L cross rock, L side shuffle

1,2 Rock R across L (1), recover to L (2)
3&4 R side shuffle: step R to right (3), step ball of L to right (&), step R to right (4)
5, 6 Rock L across R (5), recover to R (6)
7&8 L side shuffle: step L to left (7), step ball of R to left (&), step L to left (8)

⅛ right cross back step, Heel swivels, ¼ left cross back step, Heel swivels

1-2 Step R across L (1), step L back turning ⅛ right to 1:30 (2)
3&4 Step R next to L (3), swivel both heels to right (&), swivel heels back to left (4) (1:30)
5-6 Step L across R (5), step R back turning ¼ left to 10:30 (6)
7&8 Step L next to R (7), swivel both heels to left (&), swivel heels back to right (8) (10:30)

R rocking chair, ⅛ pivot left, ¼ pivot, left (total ⅜ turn left to next wall)

1-2 Still at 10:30, Rock R forward (1), recover to L (2)
3-4 Rock R back (3), recover to L (4)
5-6 Step R forward (5) and pivot slightly more than ⅛ left, rolling hips and transferring weight to L (6)
7-8 Repeat counts 5&6 to square to your new wall (6:00)

Do the following 8 counts after Wall 1 only:

8 count tag:

1-4 Step R to right (1), bounce L heel 3x (2, 3, 4)
5-8 Step L to left (5), bounce R heel 3x (6, 7, 8)

Have fun!
aurora.dejong@gmail.com

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