

Ebb & Flow

拍数: 48 墙数: 2 级数: Beginner / Improver
编舞者: Pat Esper (USA) - May 2024
音乐: Holdin' Her - Chris Janson
或: Pretty Little Poison - Warren Zeiders
或: Lose Control - Teddy Swims
或: You Make It Easy - Jason Aldean



*Dance name inspired by Christina Housel who said the dance had an ebb and flow to it.
No tags/restarts

[1-6]: Spiral twinkle, Cross, Side, Step

- 1 Step the left foot across the right.
- 2-3 Make a quarter turn over the left shoulder stepping back on the right foot. Make a quarter turn over the left shoulder stepping the left foot to the side.
- 4 Step the right foot across the left.
- 5-6 Step the left foot to the side. Step in place on the right foot.

[7-12]: Repeat steps 1 through 6

- 1 Step the left foot across the right.
- 2-3 Make a quarter turn over the left shoulder stepping back on the right foot. Make a quarter turn over the left shoulder stepping the left foot to the side.
- 4 Step the right foot across the left.
- 5-6 Step the left foot to the side. Step in place on the right foot.

[13-18]: Half fall away diamond

- 1 Step to the right corner (1:30) on the left foot.
- 2-3 Pivot a quarter turn to the left to face the left corner (10;30) stepping the right foot next to the left. Step in place/slightly back on the left foot.
- 4 Step back on the right foot.
- 5-6 Turning a quarter turn to the left to face the lower left corner (7:30) step the left foot to the side. Step forward on the right foot.

[19-24]: Quarter fall away diamond to square to the back wall (6:00), Coaster step

- 1 Step forward on the left foot to the corner (7:30).
- 2-3 Pivot an eighth turn to the left to square the back wall stepping the right foot next to the left. Step back on the left foot.
- 4 Step back on the right foot.
- 5-6 Step the left foot next to the right. Step forward on the right foot.

[25-30]: Forward hesitation point, Back hesitation point

- 1 Step forward on the left foot.
- 2-3 Point the right toes to the right side. Hold.
- 4 Step back on the right foot.
- 5-6 Point the left toes to the left side. Hold.

[31-36]: Step, Half turn together, Step, Coaster step

- 1 Step forward on the left foot.
- 2-3 Pivot a half turn over the left shoulder and step the right foot next to the left. Step slightly back on the left foot.
- 4 Step back on the right foot.
- 5-6 Step the left foot next to the right. Step forward on the right foot.

[37-42]: Repeat steps 31 through 36

- 1 Step forward on the left foot.
- 2-3 Pivot a half turn over the left shoulder and step the right foot next to the left. Step slightly back on the left foot.
- 4 Step back on the right foot.
- 5-6 Step the left foot next to the right. Step forward on the right foot.

[43-48]: Twinkle step, Twinkle step

- 1 Step the left foot across the right.
- 2-3 Step the right foot to the side. Step in place on the left foot.
- 4 Step the right foot across the left.
- 5-6 Step the left foot to the side. Step in place on the right foot.

Last Update - 29 May 2024 – R1
