

# Dance Tones

拍数: 32      墙数: 4      级数: Improver  
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音乐: Dance With Me - Tones And I



Intro : 32 counts  
Restarts/tags: None

## Right Forward Rock Recover, Left Forward Rock Recover, ½ Turn Left Shuffle, ½ Turn Back On Right, ¼ Turn Left On Left

1-2&      Rock forward on right foot, recover on left, (&) step right next to left  
3-4      Rock forward on left foot, recover on right  
5&6      ¼ left turn step out on left, (&) step right foot together, ¼ turn left step forward on left  
7-8      ½ left turn step back on right, ¼ left turn step out on left

## R Cross, Recover L, Rock Side RL, ¼ Turn R, L Step Forward, R Stomp x2

1-2      Rock right over left, recover on left  
3-4-5      Rock out on right, recover left, ¼ turn right stepping forward on right  
6-7-8      Step forward on left, right stomp next to left, right stomp next to left

## Hop Back R, Touch L, R Hip Bump, Hop Back L, Touch Right, L Hip Bump, R Rock Back, Recover L, R Kick & Point L

&1-2      (&) Hop back diagonal on right, touch left next to right, bump right hip out  
&3-4      (&) Hop back diagonal on left, touch right next to left, bump left hip out  
5-6      Rock back on right, recover left  
7&8      Kick right forward, (&) step right next to left, point left to side

## L Kick & Point R, Right Sailor Step, ¼ Left Turn Sailor Step, Walk R, Walk L

1&2      Kick left forward, (&) step left next to right, point right to side  
3&4      Cross right behind left, step left out to left, step right out to right  
5&6      Cross left behind right, (&) step out right, ¼ turn left stepping forward on left  
7-8      Walk forward on right, walk forward on left

Options for Section 4, steps 7-8 can be camel walks or ½ turn left, ½ turn left