

Nashville TN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael Barr (USA) - September 2024
音乐: Nashville, TN - Chris Stapleton : (Album: Starting Over)



****2 Tags / 2 Restarts with Foot Changes / Lead: 32 cts.**

[1-8] Walk RL, Side Rock, Return, RF To 10:30 - LF To 9:00, 1/4 Scissor, Side, Behind

- 1, 2 Step RF forward (1); Step LF Forward (2) 12
&3, 4 Rock ball of RF side right (&); Return LF to left diagonal 10:30 (3); Step RF to diagonal (4) 10:30
5, Step LF forward to 9:00 (5) Note: From ct. 3 to 6 you are making a ½ turn left 9
6 & 7 Turn ¼ left stepping RF side right (6); Step LF next to RF (&); Step RF crossing in front of LF (7) 6
8& Step LF side left (8); Step RF behind LF (&). Note: keep going left for count 1 coming up. 6

[9-16] Rock Side, Return, Together, Rock Side, Return 1/4 Turn L - Forward, 1/4 L, Full Left Turn RLR

- 1, 2 Rock LF side left (1); Return onto RF in place (2) 6
&3, 4 Step LF next to RF (&); Step RF side right (3); Turn ¼ left onto LF (4) 3
5, 6 Step RF forward (5); Turn ¼ left onto LF (6) 12
7 & 8 Continue a tight full turn left mostly in place to face the 12 o'clock wall; R-L-R (7&8) 12
16 ct. restart: Wall 3, 1st restart: starting at 6 o'clock, dance 16 cts., restarts at 6 o'clock (now wall 4)
16 ct. restart: Wall 6, 2nd restart: starting at 12 o'clock dance 16 cts., restart at 12 o'clock (now wall 7)

Ft. change: End of full turn (7&8) step on Ball of LF (&); Change to RF forward (ct. 1) to restart

[17-24] Step Back L, Sweep R, Behind-Side-Cross Over - Ct. 5 Starts 5/8 Turn R = Step R,L, RLR

- 1, 2 Step LF back (1); Sweep RF from front to back (no weight change) (2) 12
3 & 4 Step RF behind LF (3); Step LF side left (&); Cross-Step RF in front of LF (4) 12
Note: Ct. 5 starts at left diagonal curving from 12 o'clock wall and goes to right diagonal to the 6:00 wall
5, 6 Step LF forward to left diagonal, body facing 12 (5); Step RF circling right to right diagonal (6) 1:30
7 & 8 Step LF to 3 o'clock (7); Step RF forward (&); Step LF 3/8 right facing 7:30 (8) 7:30

Optional Arms: On words, "you build me Up" cts. 1-2; with arms low, wrists crossed, bring up, out into a V - walls 2,5,7

[25-32] Rock Back, Return, Forward (&), Forward, Forward - Turn 3/8 L, Mambo, Step Together

- 1, 2 Rock back on RF facing right diagonal 7:30 (1); Return to LF in place (2) 7:30
&3, 4 Step on ball of RF forward to 7:30 (&); Step LF forward (3); Step RF forward (4) 7:30
5, Turn 3/8 left stepping onto LF to face 3 o'clock (5); 3
6 & 7 Rock forward onto RF (6); Return onto LF (&); Big Step RF back (7) 3
8 Step the LF next to RF (8) 3
4 ct.Tags: Forward Rocking Chair at End of walls 1& 4: Wall 1 tag at 3 o'clock; Wall 4 tag at 9 o'clock

Begin Again and Enjoy!

TAG WALLS & RESTARTS WALLS with FOOT CHANGE

Wall 1 = Start at 12 o'clock ends at 3 o'clock + 4ct. rocking chair tag (1st tag)

Wall 3 = Start at 6 o'clock; Dance 16 ct. instrumental; Restart on 6 o'clock wall with a LF ball (&) foot change to RF (1)

Wall 4 = Start at 6 o'clock ends at 9 o'clock + 4ct. rocking chair tag (2nd tag)

Wall 6 = Start at 12 o'clock; Dance 16 ct. instrumental; Restart on 12 o'clock wall with LF ball (&) foot change

to RF (1)

Wall 8 = Ending: Ends on the 6&7 8 of last set; Rock RF forward (6); Return to LF (&); Step RF back
Hold in place for ct. 8 as you turn your head slowly over right shoulder to the front. Ta Da!!!

Last Update - 21 Oct. 2024 - R1
