Nomad

拍数: 32	墙数: 4	级数: Improver

编舞者: Kenneth Shaw (AUS) - September 2024

音乐: Nomad - Angus Gill : (Album: Nomad - iTunes)

Start after 8 count in, on Lyrics

[1-8] SIDE TOGETHER, FORWARD, HOLD; SIDE TOGETHER, BACK, HOLD
1-4   Step R to right side, step L beside R, step R forward, hold
5-8   Step L to left side, step R beside L, step back on L, hold

[9-16] BACK COASTER, HOLD; ROCK-STEP, REPLACE, HOLD* ** *
1-4   Step back R, step L next to R, step forward R, hold
5-8   Step L forward, rock back onto R, replace weight back onto L, hold

[17-24] FORWARD, 1/4L TURN, CROSS, HOLD; WEAVE TO LEFT
1-4   Step R forward, 1/4 turn L, replace weight to L, cross R over L, hold
5-8   Step L to side, cross R behind L, step L to side, cross R over L

[25-32] SIDE ROCK CROSS, HOLD; SIDE, DRAG TO RIGHT, HOLD
1-4   Step L to side, recover onto R, cross L over R, hold
5-8   Long step R to side, with weight onto R, drag L up to R, hold

START AGAIN dancing in Anti-clockwise direction

* RESTART: On first Instrumental -- On Wall 5 (12 o'clock), after Count 16

** BRIDGE: On Wall 9 (3 o'clock), after Count 16
ADD
[1-8] SIDE TOGETHER, FORWARD, HOLD; SIDE TOGETHER, BACK, HOLD
1-4   Step R to right side, step L beside R, step R forward, hold
5-8   Step L to left side, step R beside L, step back on L, hold

[9-16] SIDE TOGETHER, BACK, HOLD; SIDE TOGETHER, FORWARD, HOLD
1-4   Step R to right side, step L beside R, step R back, hold
5-8   Step L to left side, step R beside L, step forward on L, hold
THEN CONTINUE WITH COUNT 17-32

*** ENDING: You will be on Wall 12 (6 o'clock) Dance up to Count 16, then slow
1/4 turn left turn as music slows, sway 1-4, then Restart dance with
as many counts to finish on Front as Instrumental plays out