For the Wind

拍数: 64

级数: Intermediate

编舞者: Jean-Marc RAFFANEL (FR) - November 2024

音乐: weren't for the wind - Ella Langley

the dance start after 32 counts

section 1 : SIDE, TOGETHER, STEP FWD, HOLD, SIDE, TOGETHER, BACK, HOLD

- 1-2 step Rf on side, step Lf next to Rf
- 3-4 step Rf fwd, hold
- 5-6 step Lf on side, step Rf next to Lf
- 7-8 step Lf back, hold

section 2 :BACK STEP LOCK STEP, HOLD, COASTER STEP, SCUFF

- 1-2-3-4 step Rf back, lock Lf over Rf, step Rf back , hold
- 5-6-7-8 step Lf back , step Rf next to Lf, step Lf fwd, scuff Rf next to Lf

RESTART HERE ON WALL 3 (facing 6:00)

section 3 : VINE, SIDE ROCK CROSS, SCUFF

- 1-2-3-4 step Rf on side, cross Lf behind Rf, step Rf on side, cross Lf over Rf
- 5-6-7-8 step Rf on side, recover onto Lf, cross Rf over Lf, scuff Lf next to Rf

section 4: STEP ¼ TURN L SCUFF X4

- 1-2 1/4 turn L step Lf fwd, scuff Rf next to Lf 9:00
- 3-4 1/4 turn L step Rf fwd, scuff Lf next to Rf 6:00
- 1/4 turn L step Lf fwd, scuff Rf next to Lf 3:00 5-6
- 7-8 1/4 turn L step Rf fwd, scuff Lf next to Rf 12:00

section 5 : VINE, SIDE ROCK CROSS, HOLD

- 1-2-3-4 step Lf on side, cross Rf behind Lf, step Lf on side, cross Rf over Lf
- 5-6-7-8 step Lf on side, recover on to Rf, cross Lf over Rf, hold

section 6 : ROCK FWD, ¼ TURN R ROCK FWD, ROCK BACK, SCUFF, STOMP

- 1-2 step Rf fwd, recover onto Lf
- 3-4 1/4 turn R step Rf fwd, recover onto Lf 3:00
- step Rf back PD, recover onto Lf 5-6
- 7-8 scuff Rf next to Lf, stomp Rf fwd

section 7 : SWIVEL, SWIVEL 1/2 TURN L, HOLD, COASTER STEP, SCUFF

- swivel both heels to the R, swivel both heels back to the middle 1-2
- 3-4 swivel both heel to the R 1/2 turn L, hold 9:00
- 5-6-7-8 step Lf back, step Rf next to Lf, step Lf fwd, scuff Rf next to Lf

section 8 : STEP FWD ½ TURN L X2 , SCUFF, STOMP, SWIVEL

- step Rf fwd, pivot 1/2 turn L 3:00 1-2
- 3-4 step Rf fwd, pivot 1/2 turn L 9:00
- 5-6 scuff Rf next to Lf, stomp Rf fwd
- 7-8 swivel R heel to the R, swivel R heel back to the middle

start again with smile

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墙数:4