

Two Steps Back

拍数: 48 墙数: 4 级数: Improver
编舞者: Alisa Hart (USA) - December 2024
音乐: On the Run (Stripped) - Ashes & Arrows



***Dance starts after the first 8 count after the music starts (with the lyrics)**

Push kick R, shuffle back R, step out L R, sailor step L

1 2 3&4 Push R foot forwards(1) and kick forward(2), shuffle back R
5 6 7&8 Step out and forward R, step out and forward L, step R behind L(7) step out L to left side(&
step out R to right side(8)

Sailor step R, behind and cross, rock R recover, ¾ turn R

1&2 3&4 step L behind R(1) step out R to right side(&) step out L to the left side(2), step L behind R(3)
step out R to right side(&) cross L over R(4)
5 6 7&8 Side rock R(5) recover L(6), step back R with a ½ turn(7) step forward L with a ¼ turn(&) step
back R making a ½ turn(8) *facing 6'clock*

Push kick L, shuffle back L, step out L r, sailor step R

1 2 3&4 Push L foot forwards and kick forward, shuffle back L
5 6 7&8 Step out and forward L, step out and forward R, step L behind R(7) step out L to left side(&
step out R to right side(8)

Sailor step L, cross and cross R, rock L recover, rock L recover

1&2 3&4 Step R behind L(1) step out L to left side(&) step out R to the right side(2), cross R over L(3)
step L to left side(&) cross R over L(4)
5 6 7 8 Side rock L, recover R, side rock L, recover R

Push ½ turn with L foot, chasse L, ¼ push turn with R foot, hitch L

1 2 3&4 Push off L foot to make a ½ turn over L shoulder (1-2), chasse L
5 6 7 8 Push with R foot to make a ¼ turn L (5-6), step R(7) hitch L(8)

Hitch R, walk R L with a ½ turn R, stomp R L, body roll

1 2 3 4 Step L(1) hitch R(2), walk R L making a ½ turn over your R shoulder
5 6 7 8 Stomp R L, body roll