

Love And Pain

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Ruth Ford
音乐: Love's the Only House - Martina McBride



ROCK, ROCK SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE

1-2 Rock back on right, rock forward on left
3&4 Step forward on right, close left beside right, step forward on right
5 On ball of right spin ½ turn right stepping back on left
6 On ball of left spin ½ turn right stepping forward on right
7&8 Step forward left, close right beside left, step forward on left

STEP PIVOT ½ TURN LEFT, SHUFFLE FORWARD, CROSS ROCK, CHASSE LEFT

1-2 Step forward right, pivot ½ turn left
3&4 Step forward right, close left beside right, step forward right
5-6 Cross rock left over right, rock back onto right
7&8 Step left to left side, close right beside left, step left to left side

CROSS UNWIND, FULL TURN, CHASSE RIGHT, STEP ½ PIVOT TWICE

1-2 Step right across left, unwind full turn left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Step forward left, pivot ½ turn right
7-8 Step forward left, pivot ½ turn right

SYNCOPATED STEPS FORWARD

1-2 Step forward left, hold
&3-4 Step forward right, step forward left, touch right beside left
5-6 Step forward right, hold
&7-8 Step forward left, step forward right, touch left beside right

ROCK, ROCK CHASSE LEFT, CROSS UNWIND, FULL TURN CHASSE RIGHT

1-2 Cross rock left over right, rock back onto right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Step right across left, unwind full turn left
7&8 Step right to right side, close left beside right, step right to right side

WEAVE RIGHT ROCK, ROCK ¼ TURN KICKBALL STEP

1-2 Cross left over right, step right to right side
3&4 Cross step left behind right, step right to right side cross left over right
5-6 Rock to right side on right, rock onto left making ¼ turn left
7&8 Kick right forward, step right beside left, step forward left

FORWARD SHUFFLE TWICE, SAILOR STEPS TWICE

1&2 Step forward on right, close left beside right, step forward on right
3&4 Step forward on left, close right beside left, step forward on left
5&6 Cross right behind left, step left to left side, step right in place
7&8 Cross left behind right, step right to right side, step left in place

REPEAT