

Misty

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kelcy Gardner (AUS)
音乐: Misty - Ray Stevens



SHUFFLE, ½ TURN, SHUFFLE, SAILOR, CROSS, ROCK, SIDE

1&2 Shuffle to left: left-right-left
&3&4 On ball of left, turn ½ left, shuffle to right: right-left-right
5&6 Sailor step: step left behind right, step right to side, step left to side
7&8 Cross right over left, rock back on left, step right to side

CROSS, ROCK, SIDE, ROCK, CROSS, ROCK, ¼ TURN, FORWARD, ROCK ½ TURN ½ TURN, BACK, ROCK

1&2& Cross left over right, rock on right, step left to side, rock on right
3&4 Cross left over right, rock on right, turn ¼ left & step left forward
5&6 Step right forward, rock back on left, turn ½ right & step right forward
7-8& Turn ½ right & step left back, rock back on right, rock left forward

FORWARD, ROCK, ½ TURN, ¼ TURN, BACK, ROCK SIDE, STEP, SHUFFLE

1&2 Step right forward, rock back on left, turn ½ right & step right forward
3-4& Turn ¼ right & step left to side, rock right behind left, rock on left
5-6 Step right to side, step left together
7&8 Shuffle to right: right-left-right

FORWARD, ROCK, ½ TURN, SIDE, ROCK, CROSS, UNWIND ¾, HIP, HIP

1&2 Step left forward, rock back on right, turn ½ left & step left forward
3&4 Step right to side, rock on left, cross right over left
5-8 Unwind ¾ left (weight on left), step right to side, hip left, hip right

REPEAT
