

Natural

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tony Myatt (UK)
音乐: Natural - S Club 7



ROCK FORWARD, BACK, SIDE, REPLACE, ROCK FORWARD, BACK, SIDE, REPLACE

1&2&3&4 Rock right forward, recover on left, rock right back, recover on left, rock right to right side, recover on left, step right in place
5&6&7&8 Rock left forward, recover on right, rock left back, recover on right, rock left to left side, recover on right, step left in place

SYNCOPATED VINE RIGHT WITH HEEL JACK, VINE LEFT WITH HEEL JACK

&1&2&3&4 Step back on right, cross left over front right, step right to right, cross left behind right, step right to right, cross left over front right, step right to right, dig left heel forward (angled 45 degrees left)
&5&6&7&8 Step back on left, cross right over front left, step left to left, cross right behind left, step left to left, cross right over front left, step left to left, dig right heel forward (angled 45 degrees right)

STEP, SLIDE, SAILOR STEP, SAILOR TURN ¼ RIGHT, SHUFFLE FORWARD

&1-2 Step right slightly back, long step forward on left, slide right up to left
3&4 Cross left behind right, step right to right, step left to left
5&6 Cross right behind left, step left to left with ¼ turn right, step right forward
7&8 Shuffle forward left, right, left

CROSS ROCK, RECOVER, CROSS ROCK, RECOVER, CROSS ½ TURN, FULL TURN

1&2 Rock right across front left, rock back on left, step right in place
3&4 Rock left across front right, rock back on right, step left in place
5-6 Cross right behind left, unwind ½ turn right
7&8 Full turn right stepping left, right, left

REPEAT
