

01-01-01

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA)
音乐: Cruisin' - Gwyneth Paltrow & Huey Lewis



FORWARD, ROCK, RECOVER, SYNCOPATED BACK LOCK, ROCK BACK, RECOVER, ½ TURN LEFT, SYNCOPATED BACK STEPS

- 1-3 Step forward right, rock forward with left foot, recover back to right foot
&4 Step back with left foot, lock right foot across in front of left foot
On the &4 the body is facing slightly left, and as an option the left arm can go up the back and over to the front
5 Step back with left foot
6-7 Rock back with right foot, recover weight forward to left foot
&8 Turn ½ left on left foot, small step back with right foot, small step back with left foot

BIG STEP BACK, DRAG, SYNCOPATED BACK ROCK, SIDE, RECOVER, CROSS SIDE, RECOVER, CROSS

- 1-2 Large step back with right foot, drag left foot to right foot
&3 Rock back with left foot, recover weight forward to right foot
4 Step forward with left foot
5&6 Rock right foot to right side, recover weight to left foot, step right foot across in front of left
7&8 Rock left foot to left side, recover weight to right foot, step left foot across in front of right

SPOT TURN RIGHT, SYNCOPATED VINE LEFT, SPOT TURN LEFT, SYNCOPATED VINE RIGHT

- 1-2 Step right foot to right side, step left foot across in front of right
3 Unwind a full turn right ending with weight on right foot
&4 Step left foot to left side, step right foot crossed behind left
5-6 Step left foot to left side, step right foot across in front of left
7 Unwind a full turn left ending with weight on left foot
&8 Step right foot to right side, step left foot crossed behind right

SIDE, CROSS ROCK, RECOVER, TWO SYNCOPATED CROSS ROCKS

- 1-3 Step right foot to right side, rock left foot across in front of right, recover weight back to right foot
4 Step left foot to left side
5&6 Rock right foot across in front of left, recover weight back to left foot, step right foot to right side
7&8 Rock left foot across in front of right, recover weight back to right foot, turn ¼ left, step forward on left foot

REPEAT

Choreographer's note: I enjoy this dance to slower songs such as the ones listed above for a relaxed feel. It's best when not rushed. I choreographed this on New Year's Day (01-01-01) and hope you enjoy dancing it!