

Only Ashes

拍数: 32 墙数: 4 级数: Improver
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Ashes By Now - Lee Ann Womack



ROCK, CROSS SHUFFLE, ROCK, CROSS SHUFFLE

1-2 Rock right across left, recover weight on left
3&4 Step right across left, step left to left, step right across left
5-6 Rock left across right, recover weight on right
7&8 Step left across right, step right to right, step left across right

TRAVELING SKATE STEPS, FORWARD COASTER, REVERSE LOCK-STEP, COASTER

9-10 Skate diagonally right on right, skate diagonally left on left
11&12 Step right forward, step left beside right, step right back
13-14 Step left back, lock-step right to the outside of left
15&16 Step left back, step right beside left, step left forward

TRAVELING FULL TURN, SHUFFLE, ROCK, SHUFFLE WITH ¼ TURN

17-18 On ball of left make ½ turn left and step back on right, on ball of right make ½ turn left and step forward on left
19&20 Shuffle forward on right, left, right
21-22 Rock left across right, recover weight on right
23&24 Step left to left, step right beside left, making ¼ turn left step left forward

ROCK, ½ TURN SHUFFLE, ROCK, COASTER

25-26 Rock forward on right, recover weight on left
27&28 Make ½ turn right while shuffling right, left, right
29-30 Rock forward on left, recover weight on right
31&32 Step left back, step right beside left, step left forward

REPEAT
