

Plain & Simple

拍数: 32 墙数: 4 级数: Beginner
编舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音乐: It's Only Make Believe - Ronnie McDowell



SIDE SHUFFLES, CROSS ROCKS, RECOVER STEPS

1&2 Step left to left side, step quickly with right next to left, step left to left side
3-4 Cross rock right behind left, recover with left
5&6 Step right to right side, step quickly with left next to right, step right to right side
7-8 Cross rock left behind right, recover on right

FORWARD SHUFFLE, ROCK STEPS, RECOVER STEPS, BACKWARD SHUFFLES

1&2 Shuffle forward left, right, left
3-4 Rock forward on right, recover on left
5&6 Shuffle backwards right, left, right
7-8 Rock back on left, recover on right

STEP - ½ TURN TO THE RIGHT, FORWARD SHUFFLE, ROCK STEP, RECOVER, ¼ TURN TO THE RIGHT SIDE SHUFFLE

1-2 Step forward on left, step right making ½ turn to the right
3&4 Shuffle forward left right, left
5-6 Rock forward on right, recover on left
7&8 Step right making ¼ turn to the right, step left quickly next to left, step right to right side

ROCK STEPS, RECOVER STEPS, COASTER STEP, SHUFFLE TURNING ½ TO THE RIGHT

1-2 Rock forward on left, recover on right
3&4 Step back on left, step back on right, step forward on left
5-6 Rock forward on right, recover on left
7&8 ½ Turn to the right with right, step left next to right, step right slightly ahead of left

REPEAT
