

Radical Sabbatical

拍数: 64 墙数: 4 级数: Advanced
编舞者: Dan Albro (USA)
音乐: Yes! - Chad Brock



LEFT SAILOR, RIGHT SAILOR (¼ TURN RIGHT), FULL TURN RIGHT, SHUFFLE

1&2 Left behind right, right to right side, left to left side
3&4 Right behind left, left to left side, ¼ turn to the right stepping forward on right
5-6 Full turn to the right stepping forward; left, right
7&8 Shuffle forward left, right, left

ROCK FORWARD, ROCK BACK, COASTER, 1 & ¾ TURN TO LEFT

1-2 Rock forward right, rock back left
3&4 Step back on right, step left next to right, step right forward (coaster)
The following turn will travel towards the wall that is now behind you, and end facing the wall that is now to your right.

5 Pivot on balls of feet ½ turn left starting a 1 & ¾ turn,
6-7-8 Continue turning stepping back on right, stepping forward on left, stepping side right

REPEAT ALL OF THAT

1-16 Repeat first 16 counts of the dance

HEELS & HOOKS (HEEL TOUCHES ARE AT RESPECTIVE ANGLES)

1&2& Left behind right, right to side, touch left heel forward, step side left
3&4& Touch right heel forward, hook right in front of left shin, touch right heel forward, step side right
5&6& Touch left heel forward, step side left, touch right heel forward, hook right in front of left shin
7&8& Touch right heel forward, step side right, touch left heel forward, step side left

STEP, HOLD, SHUFFLE FORWARD, ROCK ¼ TURN RIGHT, SIDE SHUFFLE

1-2-3&4 Step forward right, hold, shuffle forward left, right, left
5-6-7&8 Rock forward right, step back left doing a ¼ turn right, shuffle side right, left, right

ROCK ½ TURN, & HEEL, & HEEL, & STEP ½, TOE BACK ½

1-2& Rock forward left, step back right starting ½ turn left, quick step forward left to finish turn
3&4& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
5-6-7-8 Step forward right, pivot ½ turn left weight on right, touch left toe back, pivot ½ turn left weight on left

ROCK ¾ TURN, SHUFFLE, HEEL & HEEL & STEP ¼ TURN

1-2-3&4 Rock forward right, step back left starting ¾ turn right, shuffle right, left, right completing turn
5&6& Touch left heel forward, step left next to right, touch right heel forward, step right next to left
7-8 Step forward left, pivot ¼ turn right shifting weight to right begin again

REPEAT