

Recovery Steps

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ian Grey (UK)
音乐: 12 Step Recovery - Paul Brandt



KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH. KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH

1&2 Kick right out, back to place, while touching left out to side
3-4 Cross left over right, touch right out to side
5&6 Kick right out, back to place, while touching left out to side
7-8 Cross left over right, touch right out to side

TOUCH, SCISSOR STEP, UNWIND ½ TURN

9-10 Touch right next to left, jump out (right left)
11-12 Jump in (crossing right over left), jump out (right left)
13-14 Jump in (crossing left over right), jump out (right left)
15-16 Jump in (crossing right over left), unwind half turn to left

KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH. KICK, SWITCH STEP AND TOUCH, CROSS, TOUCH

17-18 Kick left out, back to place, while touching right out to side
19-20 Cross right over left, touch left out to side
21-22 Kick left out, back to place, while touching right out to side
23-24 Cross right over left, touch left out to side

HEEL STRUT X 4 MAKING ¼ TURN

25-28 Left heel forward, lower toes. Right heel forward, lower toes
29-32 Left heel forward, lower toes. Right heel forward, lower toes (making ¼ turn to right)

KICK TWICE, STEP WITH ½ TURN, TOUCH. KICK TWICE, STEP WITH ½ TURN, TOUCH

33-34 Kick left forward, kick left forward
35-36 Step left half turn to left, touch right next to left
37-38 Kick right forward, kick left forward
39-40 Step right half turn to right, touch left next to right

ROLLING VINE WITH 1 ½ TURNS. ROCK FORWARD, BACK, BACK, FORWARD

41-42 Step left half turn to left, step right half turn to left
43-44 Step left half turn to left, touch right next to left
45-46 Rock forward on right, rock back on left
47-48 Rock back on right, rock forward on left

SHUFFLE, STEP, PIVOT ½ TURN. SHUFFLE, STEP, PIVOT ½ TURN

49&50 Step right forward, bring left up to right, step right forward
51-52 Step forward on left, pivot half turn to right
53&54 Step left forward, bring right up to left, step left forward
55-56 Step forward on right, pivot half turn to left

GRAPEVINE TWICE

57-58 Step right to side, step left behind right
59-60 Step right to side, touch left next to right
61-62 Step left to side, step right behind left
63-64 Step left to side, touch right next to left

REPEAT
