

Sara

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Christopher Parsons (UK)
音乐: Sara - Fleetwood Mac



STEP SLIDE, BALL CROSS, ¼ TURN SLIDE, VAUDEVILLE, HEEL JACK, BALL CHANGE

1-2 Step left to left side, slide right up to left
&3 Step right slightly back, cross left over right
4-5 Make ¼ turn left stepping back on right, slide left up to right
&6 Step left slightly back, cross right over left
&7&8 Step left slightly back, dig right heel forward, step right beside left, step left forward

¼ TURN STEP, LEFT SAILOR, CROSS SHUFFLE, STEP SLIDE, BALL CROSS

9 Make ¼ turn left stepping right to right side
10&11 Cross left behind right, step right beside left, step left in place
12&13 Cross right over left, close left beside right, cross right over left
14-15 Step left to left side, slide right up to left
&16 Step right slightly back, cross left over right

¼ TURN STEP, LEFT COASTER, STEP, STEP ½ TURN, LEFT SHUFFLE

17 Make ¼ turn left stepping back on right
18&19 Step left back, step right beside left, step left forward
20 Step right forward
21-22 Step left forward, pivot ½ turn right
23&24 Step left forward, close right beside left, step left forward

FULL TURN (TO THE LEFT), ROCKING CHAIRS, ¼ TURN SIDE ROCK

25-26 Make ½ turn left stepping back right, another ½ turn stepping forward on left
27-30 Rock forward on right, recover, rock back on right, recover
31-32 Make ¼ turn left stepping right to right side, recover on left

CROSS TURN SIDE, ROCK & CROSS, STEP SLIDE, BALL CROSS

33-34-35 Cross right over left, make ¼ turn right stepping back on left, step right beside left
36&37 Rock left to left side, recover, cross left over right
38-39 Step right to right side, slide left up to right
&40 Step left slightly back, cross right over left

¼ TURN STEP, RIGHT COASTER, STEP, MONTEREY ½, CHASSE LEFT

41 Make ¼ turn right stepping back on left
42&43 Step right back, step left beside right, step right forward
44 Step left forward
45-46 Touch right to right side, make ½ turn right on left foot - step right beside left
47&48 Step left to left side, close right beside left, step left to left side

BACK ROCK, STEP SLIDE, BALL CROSS, SIDE, BACK ROCK

49-50 Rock back on right, recover on left
51-52 Step right to right side, slide left up to right
&53 Step left slightly back, cross right over left
54 Step left beside right
55-56 Rock back on right, recover on left

¼ TURN STEP, LEFT COASTER, STEP, ROCKING CHAIRS

57 Make ¼ turn left stepping back on right
58&59 Step left back, step right beside left, step left forward
60 Step right forward
61-64 Rock forward on left, recover, rock back on left, recover

REPEAT

If using "Sara" from the Greatest Hits or The Very Best Of albums, the music lasts for 6 minutes 20 seconds. As this might become tiresome, using "Sara (edit)" from the Tusk Album (length 4 minutes 30 seconds) may be preferred.
