

Seasons

拍数: 64 墙数: 4 级数: Intermediate cha cha
编舞者: Graham Gee (UK)
音乐: Seasons In My Life - Broadcaster



TAP, SCUFF, SIDE BEHIND, ¼ TURN RIGHT, ½ TURN RIGHT, FORWARD SHUFFLE

1-2 Tap right toe beside left heel, scuff right
3-4 Step right to right, step left behind right,
5-6 Step right ¼ turn right, step forward left pivoting ½ turn right on left
7&8 Forward shuffle right, left, right

TAP, SCUFF, SIDE BEHIND, ¼ TURN LEFT, ½ TURN LEFT, FORWARD SHUFFLE

1-2 Tap left toe beside right heel, scuff left
3-4 Step left to left, step right behind left
5-6 Step left ¼ turn left, step forward right, pivot ½ turn left on right
7&8 Forward shuffle left, right, left

FORWARD ROCK, RECOVER, LOCK FORWARD, FORWARD ROCK, RECOVER, COASTER STEP

1-2 Rock forward right, recover left
3&4 Forward right, lock left behind right, forward right
5-6 Rock left across right, recover right
7&8 Step left back, step right beside left, step forward left

FORWARD ROCK, RECOVER, TRIPLE ½ TURN, ¼ TURN BACK SHUFFLE, ROCK BACK, RECOVER

1-2 Rock right across left, recover left
3&4 Triple step ½ turn right (right, left, right)
5&6 Turn ¼ right, shuffling backwards left, right, left
7-8 Rock back on right, recover left

FORWARD SHUFFLE, FORWARD SHUFFLE, PIVOT ¼ TURN, PIVOT ½ TURN

1&2 Forward shuffle right, left, right
3&4 Forward shuffle left, right, left
5-6 Step right, pivot ¼ turn left on left
7-8 Step right, pivot ½ turn left on left

SIDE, BEHIND, ¼ TURN RIGHT, FULL TURN FORWARD, SIDE, BEHIND, SIDE

1-2 Step right to side, step left behind right
3-4 Step ¼ turn right on right, ½ turn right stepping back on left
5-6 Turn ½ right stepping forward on right, step left to side
7-8 Step right behind left, step left to side

Steps 4 & 5 can be replaced by walk forward left, right

TOE TAPS, ½ TURN RIGHT, TAP, TOE TAPS, ½ TURN LEFT, TAP

1-2 Tap right toe in front of left, tap right toe to right side
3-4 Turn right ½ turn stepping on right, tap left beside right
5-6 Tap left toe in front of right, tap left toe to left side
7-8 Turn left ½ turn stepping on left, tap right beside left

Alternative for section:

Rock forward right, triple ½ turn right, rock forward right, triple ½ turn left

CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER

1&2 Step right to side, close left to right, step right to side
3-4 Rock left behind right, recover on right

5&6

Step left to left side, close right to left, step left to side

7-8

Rock right behind left, recover left

REPEAT
