

Settlin'

拍数: 32 墙数: 4 级数: Improver
编舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)
音乐: Settlin' - Sugarland



SAILOR STEPS, STEP-LOCK, STEP-LOCK-STEP

1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left

STEP-½ TURN TO THE LEFT, STEP-LOCK-STEP, ROCK STEP, RECOVER, COASTER STEP

1&2 Step forward on right, step left making ½ turn to the left, step forward on right
3&4 Step left forward, lock right behind left, step left forward
5-6 Rock forward on right, recover on left
7&8 Step back on right, step back on left, step forward on right

ROCK-RECOVER-CROSSES, BACKWARD STEPS, COASTER STEP

1&2 Rock left to left side, recover on right, cross left over right
3&4 Rock right to right side, recover on left, cross right over left
5-6 Step back on left making ¼ turn to the right, step back on right
7&8 Step back on left, step back on right, step forward on left

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

1&2 Forward shuffle right, left right
3&4 Step forward on left, step right making ½ turn to the right, step forward on left
5-6 Rock forward on right, recover on left
7&8 Step back on right, step back on left, step forward on right

REPEAT
