

拍数: 36 墙数: 1 级数: Improver
编舞者: William Sevone (UK)
音乐: Sun Arise - Rolf Harris



This dance is done at half speed

2X CROSS-ROCK-ROCK, CROSS STEP, ½ RIGHT, FORWARD SHUFFLE

- 1&2 (On the spot) cross rock left foot over right, rock onto right foot, rock onto left foot
3&4 (On the spot) cross rock right foot over left, rock onto left foot, rock onto right foot
5-6 Cross step left foot over right, unwind ½ right (weight on left foot)
7&8 Step forward onto right foot, close left foot next to right, step forward onto right foot

FORWARD SHUFFLE, ROCK FORWARD, ROCK, 3X ½ RIGHT TURNS WITH EXPRESSION, STOMP FORWARD WITH EXPRESSION

- 9&10 Step forward onto left foot, close right foot next to left, step forward onto left foot
11-12 Rock forward onto right foot, rock onto left foot
13-14 Turn ½ right & step forward onto right foot, turn ½ right & step backward onto left foot
15 Turn ½ right & step forward onto right foot

On counts 13-15: arms outstretched with palms up - bend at elbows if space is tight

- 16 Stomp left foot forward

With downward forward punch with left hand from head to chest height

8X FORWARD STOMP WITH EXPRESSION

- 17 Stomp right foot forward

With downward forward punch with right hand from head to chest height

- 18 Stomp left foot forward

With downward forward punch with left hand from head to chest height

- 19 Stomp right foot forward

Right arm forward shaking hand and fingers (palm down) & moving left to right

- 20 Stomp left foot forward

Left arm forward shaking hand and fingers (palm down) & moving right to left

- 21 Stomp right foot forward

Right arm raised to side of head - as in a throwing action

- 22 Stomp left foot forward

Left arm raised to side of head - as in a throwing action

- 23 Stomp right foot forward

Swinging right arm in an arc from left to right

- 24 Stomp left foot forward

Swinging left arm in an arc from right to left

On counts 16-24: the forward stomps are short

STEP FORWARD, PIVOT ½ LEFT, STEP FORWARD, PIVOT ¼ LEFT, STOMP TOGETHER, SIDE STOMP, SWAY LEFT, SWAY RIGHT

- 25-26 Step forward onto right foot, pivot ½ left (weight on left foot)
27-28 Step forward onto right foot, pivot ¼ left (weight on right foot)
29-30 Stomp left foot next to right, stomp right foot to right side
31-32 Sway onto left foot, sway onto right foot

CROSS STEP, SIDE STEP, ¼ LEFT STEP BACKWARD, TOGETHER

- 33-34 Cross step left foot over right, step right foot to right side
35-36 Turn ¼ left & rock backward onto left foot, step right foot next to left

REPEAT

DANCE FINISH

The dance will finish on count 36 of the 7th vanilla, to add a little flourish to the end, add 'arms to the outside - palms upward' to count 36
