

Survival

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Free (Let It Be) - Stuart



ROCK, SIDE SHUFFLE, ROCK, SIDE SHUFFLE WITH ¼ TURN

1-2 Rock right across left, recover onto left
3&4 Right side shuffle stepping right, left, right
5-6 Rock left across right, recover onto right
7&8 Left side shuffle making ¼ turn left and stepping left, right, left

STEP, ½ PIVOT, TRIPLE STEP ½ TURN, BACK ROCK, SHUFFLE

9-10 Step right forward, pivot ½ turn left
11&12 Triple step ½ turn left stepping right, left, right
13-14 Rock left back, recover onto right
15&16 Shuffle forward left, right, left

SIDE-ROCK-CROSS, SIDE-ROCK-CROSS, SIDE, TOUCH, ½ TURN IN HEEL TWISTS

17&18 Rock right to right, recover onto left, step right across left
19&20 Rock left to left, recover onto right, step left across right
21-22 Step right to right, touch left behind right
23&24 Make ½ turn left while twisting both heels right, left, right (weight ends on left)

POINT, CROSS, SIDE-ROCK-CROSS, POINT, CROSS, SIDE-ROCK-CROSS

25-26 Point right to right, step right across left
27&28 Rock left to left, recover onto right, step left forward and across right
29-30 Point right to right, step right across left
31&32 Rock left to left, recover onto right, step left forward and across right

SIDE SWITCHES, ¼ TURN IN HEEL SWITCHES, ROCK, COASTER

33&34& Touch right toe right, step right beside left, touch left toe left, step left beside right
35&36& Touch right heel forward, step right beside left making 1/8 turn right, touch left heel forward, step left beside right making 1/8 turn right
37-38 Rock right forward, recover back onto left
39&40 Step right back, step left beside right, step right forward

STEP, ¼ PIVOT, CROSS SHUFFLE, TOUCH, CROSS, DIAGONAL SHUFFLE

41-42 Step left forward, pivot ¼ turn right
43&44 Step left across right, step right beside left, step left across right
45-46 Touch right to right, step right across left
47&48 Step left diagonally forward left, step right beside left, step left diagonally forward left

REPEAT

RESTART

When dancing to "Free (Let It Be)" only, during wall three, dance up to count 40 & then restart the dance from the beginning. On this one occasion only dance counts 39-40 as: Rock right back, recover forward onto left