

How Far?

拍数: 32 墙数: 4 级数: Intermediate nightclub
编舞者: Lisa Ferguson (UK)
音乐: How Far - Martina McBride



LEFT ROCK & ½ TURN LEFT, STEP RIGHT, ½ TURN LEFT, STEP RIGHT, CROSS ROCK, REPLACE, DRAG, CROSS ROCK, REPLACE WITH ¼ TURN RIGHT

- 1&2 Rock forward on left, replace weight onto right, make ½ turn left stepping forward left
- 3&4 Step forward right, ½ pivot turn left, step forward right
- 5&6 Cross rock left over right, replace weight onto right, step left to left side dragging right up beside left
- 7&8 Cross rock right over left, replace weight onto left, step right ¼ turn right

STEP LEFT, ½ TURN RIGHT, ¼ TURN RIGHT, BEHIND, SIDE, CROSS, ROCK & CROSS, SIDE, BEHIND, SIDE

- 1&2 Step forward left, ½ pivot turn right, step left ¼ turn right
- 3&4 Cross right behind left, step left to left side, cross right over left
- 5&6 Step left to left side rocking weight onto it, replace weight onto right, cross left over right
- 7&8 Step right to right side, cross left behind right, step right to right side

CROSS ROCK, REPLACE, DRAG, CROSS ROCK, REPLACE WITH ¼ TURN RIGHT, STEP LEFT, ½ TURN RIGHT, STEP LEFT, TRIPLE FULL TURN

- 1&2 Cross rock left over right, replace weight onto right, step left to left side dragging right up beside left
- 3&4 Cross rock right over left, replace weight onto left, step right ¼ turn right
- 5&6 Step forward left, ½ pivot turn left, step forward left
- 7&8 Make full turn forward left stepping right, left, right

STEP BACK, LOCK, BACK, ½ TURN RIGHT, STEP RIGHT, LOCK, STEP RIGHT FORWARD, STEP LEFT, ½ TURN RIGHT, STEP LEFT, STEP RIGHT, LOCK, STEP RIGHT FORWARD

- 1&2 Step back on left, cross right over left, step back right
- &3&4 Make ½ turn right, step forward right, cross left behind right, step forward right
- 5&6 Step forward left, make ½ pivot turn right, step forward left
- 7&8 Step forward right, cross left behind right, step forward right

REPEAT
