

Heading West

拍数: 32 墙数: 4 级数: Improver
编舞者: DJ Dan (NL) & Wynette Miller (NL)
音乐: Clearly Canadian - George Fox



WALK RIGHT-LEFT, HEEL-BALL-STEP; SHUFFLE FORWARD, STEP-¼ PIVOT

1-2 Step right forward, step left forward,
3&4 Touch right heel forward, step on right ball next to left, step left forward
5&6 Shuffle forward stepping right, left, right
7-8 Step left forward, pivot ¼ turn right (3:00)

SAILOR STEP LEFT-RIGHT; SAILOR ¼ TURN, STEP-¼ PIVOT

1&2 Cross left behind right, step right to right side, step left to left side,
3&4 Cross right behind left, step left to left side, step right to right side
5&6 Cross left behind right ¼ turn left, step right to right side, step left slightly forward (12:00)
7-8 Step right forward, pivot ¼ turn left (9:00)

CROSS ROCK, CHASSE; TWICE

1-2 Cross rock right over left, recover weight onto left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross rock left over right, recover weight onto right
7&8 Step left to left side, step right next to left, step left to left side

ROCK STEP, SHUFFLE ½ TURN; STEP-½ PIVOT, SHUFFLE FORWARD

1-2 Rock right forward, recover weight onto left
3&4 Shuffle ½ turn right stepping right, left, right (3:00)
5-6 Step left forward, pivot ½ turn right (9:00)
7&8 Shuffle forward stepping left, right, left

REPEAT
