

Go West

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mark Simpkin (AUS)
音乐: Go West Young Man - Orral & Wright



BALL STEP, SHUFFLE, ROCK FORWARD, REPLACE, COASTER STEP, STEP FORWARD

&1 Step back on ball of right, step left forward
2&3 Shuffle forward right, left, right
4-5 Rock forward on left, replace weight back on right
6&7 Step left back, step right beside left, step left forward (coaster step)
8 Step right forward in front of left foot

TWIST TWIST, SAILOR STEP, BEHIND SIDE, CROSS, SIDE, CROSS, STEP BACK

1-2 Twist both heels to right making $\frac{1}{4}$ turn left, twist both heels left
3&4 Step right behind left, step left to left side, step right to right side (sailor step)
5&6 Step left behind right, step right to right side, step left across right
&7-8 Step right to right side, step left across right, step back onto right

TOE STRUT, BACK $\frac{1}{2}$ PIVOT, KICK BALL CHANGE, FORWARD $\frac{1}{2}$ PIVOT

1-2 Step ball of left back, drop left heel taking weight to left
3-4 Touch ball of right back, pivot $\frac{1}{2}$ turn right taking weight to right foot
5&6 Kick left forward, step in place left, right (kick ball change)
7-8 Step left forward, pivot $\frac{1}{2}$ turn right taking weight to right

LOCK SHUFFLES FORWARD, OUT OUT IN IN TWICE

1&2 Lock shuffle forward left, right, left to left diagonal
3&4 Lock shuffle forward right, left, right to right diagonal
&5&6 Step left to left side, step right to right side, step left to center, step right to center (moving slightly forward)
&7&8 Step left to left side, step right to right side, step left to center, step right to center (moving slightly forward)

$\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, SAILOR STEP $\frac{1}{4}$ TURN, KICK STEP, BALL STEP, KICK BALL STEP

1-2 Turn $\frac{1}{4}$ turn left & step left forward, turn $\frac{1}{4}$ turn left & step right to right side
3&4 Step left behind right, step right to right side, turn $\frac{1}{4}$ turn left & step left forward (turning sailor step)
5-6 Kick right forward, step right back
&7 Step ball of left back, step right forward
8&1 Kick left forward, step left beside right, step right forward (kick ball step)

STEP $\frac{1}{2}$ PIVOT, $\frac{1}{2}$ TURNING SHUFFLE, COASTER STEP, STEP FORWARD

2-3 Step left forward, pivot $\frac{1}{2}$ turn right taking weight to right
4&5 Shuffle forward left, right, left turning $\frac{1}{2}$ turn right
6&7 Step right back, step left beside right, step right forward (coaster step)
8 Step left forward

HEEL BALL CROSS TWICE, ROCK SIDE, REPLACE, COASTER STEP

1&2 Touch right heel at 45 degrees right, step back on ball of right, step left across right
3&4 Touch right heel at 45 degrees right, step back on ball of right, step left across right
5-6 Rock right to right side, replace weight to left
7&8 Step back on right, step left beside right, step right forward (coaster step)

SHUFFLE FORWARD LEFT & RIGHT, STEP LEFT FORWARD, HEELS TAPS X 3 WITH ½ TURN RIGHT

- 1&2 Shuffle forward left, right, left
- 3&4 Shuffle forward right, left, right
- 5 Step left forward
- 6-8 Tap both heels in place 3 times while making ½ turn right keeping weight back on left

REPEAT

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After the second wall

- &1-2 Step ball of right back, step left forward, step right beside left
- &3&4 Step left to left side, step right to right side, step left to center, step right across left
- 5 Unwind ½ turn left taking weight to right
- 6&7 Step left back, step right beside left, step left forward
- 8 Pivot ½ turn right keeping weight on left foot

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After the 5th wall

- &1 Step back on ball of right, step left forward
 - 2-4 Tap both heels in place 3 times while making ½ turn right keeping weight back on left
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