

4 Strong Winds

拍数: 96 墙数: 2 级数: Intermediate
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音乐: Four Strong Winds - The Searchers



SYNCOPATED HEEL SWITCHES, CROSS, CHASSE, BACK ROCK

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3& Touch right heel forward, step right beside left
4 Step left over right
5&6 Step right to right side, close left beside right, step right to right side
7-8 Rock back on left, rock forward on right

SYNCOPATED HEEL SWITCHES, CROSS, CHASSE, BACK ROCK

9& Touch left heel forward, step left beside right
10& Touch right heel forward, step right beside left
11& Touch left heel forward, step left beside right
12 Step right over left
13&14 Step left to left side, close right beside left, step left to left side
15-16 Rock back on right, rock forward on left

FORWARD ROCK, TRIPLE ½ TURN RIGHT, TRIPLE FORWARD

17-18 Rock forward on right, rock back on left
19 On ball of left make ¼ turn right stepping right to right side
&20 Cross left forward across right, make ¼ turn right stepping right forward
21-22 Touch left heel forward, touch left toe across right
23&24 Step left forward, close right beside left, step left forward
On counts 22 & 28, click fingers at shoulder height

STEP ½ PIVOT LEFT, HEEL HOOK, TRIPLE ¼ TURN RIGHT, ROCK STEP

25-26 Step forward right, pivot ½ turn left
27-28 Touch right heel forward, hook right over left, touch right
29& Step right forward, step left ¼ turn right
30 Step right beside left
31-32 Rock to left side on left, rock to right in place

SAILOR STEPS TWICE, REVERSE PIVOT ½ TURN LEFT, KICK BALL CHANGE, STEP

33&34 Cross left behind right, step right to side, step left to place
35&36 Cross right behind left, step left to side, step right to place
37 On ball of right, make ½ turn left, stepping left to left
38-39 Kick right forward, step right beside left
&40 Step left to place, step right to right

SAILOR STEPS, REVERSE PIVOT ½ TURN LEFT, KICK BALL CHANGE, STEP

41&42 Cross left behind right, step right to side, step left to place
43&44 Cross right behind left, step left to side, step right to place
45 On ball of right make ½ turn left, stepping left to left
46-47 Kick right forward, step right beside left
&48 Step left into place, step right to right

STEP ½ PIVOT RIGHT, TRIPLE FORWARD, TRIPLE ½ TURN LEFT, TRIPLE ¼ TURN LEFT

- 49-50 Step forward left, pivot ½ turn right
51&52 Step left forward, step right beside left, step left forward
53&54 On ball of left, pivot ¼ turn left, step right to right. On ball of right pivot ¼ turn left, step right beside left
55&56 On ball of right pivot ¼ turn left. Step left to left, close right beside left, step left to left

RIGHT HEEL GRIND, COASTER STEP, HEEL TOUCHES

- 57-58 Step right heel forward, grind ¼ into floor ¼ turn right
59&60 Step back on right, step left beside right, step right forward
61&62 Step left heel forward, step left beside right, touch right toe back
& Step right ¼ turn right
63&64 Step left heel forward, step left beside right, touch right toe beside left

SYNCOPATED HEEL SWITCHES, SIDE, ROCK STEPS

- 65&66& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
67-68 Rock left to left side on left, rock right to right in place
On 4th wall count 64, click fingers at shoulder height and hold

- 69-96 Repeat counts 33-64

REPEAT

RESTART

On third wall, dance counts 1-60 only
