

Father And Son

拍数: 0 墙数: 0 级数:
编舞者: Glynn Rodgers (UK)
音乐: Father and Son - Cat Stevens



Sequence: AAB, ACB, ACB, AAA
Start on the word "time"

PART A

SIDE, BACK ROCK, ROLLING VINE, CROSS ROCK SIDE, WEAVE TURN

- 1-2& Step right to right side, rock back left, recover weight onto right
- 3&4 Make a full left traveling left stepping - left-right-left
- 5&6 Rock right over left, recover weight onto left, step right to right side
- 7& Cross left over right, step right to right side
- 8& Cross left behind right, turn $\frac{1}{4}$ right stepping forward right

ROCK & TURN, SWEEP TURN, WEAVE, SIDE ROCK, CROSS, TRIPLE TURN

- 1&2 Rock forward left, recover weight onto right turning $\frac{1}{2}$ left, step forward left
- & Sweep right foot out to right side turning $\frac{1}{4}$ left
- 3&4 Cross right over left, step left to left side, cross right behind left
- 5&6 Rock left to left side, recover weight onto right, cross left over right
- 7&8 Triple $\frac{3}{4}$ turn left stepping - right-left-right

QUICK ROCK, BACK, LOCK, COASTER STEP, PIVOT TURN, TURN, SWEEP TURN, WEAVE, TOUCH

- 1& Rock forward left, recover weight onto right
- 2& Step back left, cross right in front on left
- 3&4 Step back left, close right to left, step forward left
- 5&6 Step forward right, pivot $\frac{1}{2}$ turn left, turn $\frac{1}{2}$ turn left stepping back right
- & Sweep left foot out to left side turning $\frac{1}{4}$ left
- 7&8 Cross left behind right, step right to right side, touch left toe in front of right

STEP, CROSS SHUFFLE, COASTER CROSS, SWEEP, CROSS & BEHIND, SIDE, CLOSE, CROSS.

- & Step left to place
- 1&2 Cross right over left, step left to left side, cross right over left
- 3&4 Step back left, close right to left, cross left over right
- & Sweep right foot out to right side
- 5&6 Cross right over left, step left to left side, cross right behind left
- 7&8 Rock left to left side, recover weight onto right, cross left over right

PART B

SIDE, CLOSE, CROSS SHUFFLE, SIDE, CLOSE, CROSS

- 1& Step right to right side, close left to right
- 2&3 Cross right over left, step left to left side, cross right over left
- 4&5 Step left to left side, close right to left, cross left over right

PART C

TRIPLE TURN, COASTER STEP, ROCKING CHAIR

- 1&2 Triple full turn on the spot stepping - right-left-right
- 3&4 Step back left, close right to left, step forward left
- 5& Rock forward right, recover weight onto left
- 6& Rock back right, recover weight onto left

