

# Dances With Wolves

拍数: 32      墙数: 2      级数: Improver  
编舞者: Eileen Gillan (UK)  
音乐: The John Dunbar Theme - John Barry



## HEEL DIG, HOOK, ¼ TURN SHUFFLE (RIGHT & LEFT)

- 1-2      Dig right heel forward to right diagonal, low hook right in front of left with toes touching floor  
3&4      Make ¼ turn right into a right shuffle forward, stepping - right, left, right (3:00)  
5-6      Dig left heel forward to left diagonal, low hook left in front of right with toes touching floor  
7&8      Make ¼ turn left into a left shuffle forward, stepping - left, right, left (12:00)

## FORWARD, ROCK, SWEEP BACK, SWEEP BACK, COASTER STEP, STOMP, CLAP

- 1-2      Rock forward onto right foot, recover onto left,  
3-4      Sweep right foot back stepping onto right, sweep left foot back, stepping onto left  
**Option: full turn right on counts 3-4 traveling backwards**  
5&6      Step back on right foot, step left next to right, step forward on right  
7-8      Stomp left foot in place, taking weight, hold/clap

## & ROCKING CHAIR, ¼ TURN, SWAY, SAILOR STEP

- &1-2      Step right foot next to left, rock forward onto left foot, recover onto right  
3-4      Step back on left foot, rock forward onto right foot  
5-6      Make ¼ turn right stepping left to left side swaying hips to left, sway hips to right (3:00)  
7&8      Step left behind right, step right to right side, step left to left side and slightly forward

## PADDLE TURN ¼ LEFT X3, BACK, ROCK

- 1-2      Step forward on right foot, pivot ¼ turn to left on ball of left (12:00)  
3-4      Step forward on right foot, pivot ¼ turn to left on ball of left foot (9:00)  
5-6      Step forward on right foot, pivot ¼ turn to left on ball of left foot (6:00)  
7-8      Step back on right foot, rock forward onto left foot

## REPEAT

## RESTART

When dancing to "The John Dunbar Theme" by John Barry (from the Dances With Wolves soundtrack), on Wall 4 (which begins facing back wall), dance through to count 24 (sailor step) and restart dance at the beginning again facing 9:00 for wall 5. You will now be dancing to the side walls

## ENDING

When dancing to "The John Dunbar Theme" by John Barry, the dance ends at count 28 of wall 8 (facing front). To finish with the last four beats of music, add:

- 1-4      Right back, rock forward, step to right side swaying hips right, left