

Count The Colours

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gail Cook (AUS)
音乐: I'd Lie - Taylor Swift



LEFT CROSS SAMBA, CROSS, ¼, ¼

1&2-3&4 Cross left over right, right to right side on &, recover on left. Cross right over left, step left back into a ¼ turn right on &, step right to right side into a ¼ turn right

WEAVE RIGHT, 1 ¼ TURNING SHUFFLE

5&6-7&8 Cross left over right, step right to right on &, cross left behind right. Taking a 1 ¼ turn right shuffle right, left, right

ROCK, RECOVER, COASTER STEP

1-2-3&4 Rock forward left, recover on right, coaster back left, right, left

CROSS, POINT, & POINT, ¼ TURN

5-6&7-8 Cross right over left, point left to left side, & exchange left and point right toe to right side, closing right together take a ¼ turn right putting weight on right

ROCK, RECOVER, CROSS BALL JACK

1-2&3&4 Rock left to left side, recover on right, cross left over right, & step right back slightly on a 45 degree angle right, tap left heel to left 45 degree angle

& RECOVER, ROCK, RECOVER, 1 ½ SHUFFLE

&5-6-7&8 Recover on left, turning body to the left 45 degree angle rock forward on right, staying on the 45 degree recover left still on 45 degree take a 1 ½ turn back on right stepping right, left, right

MICKEY STEP, & ROCK, RECOVER ½ TURN

&1&2&3-4 Step together on left, tap right beside left, & turn ¼ turn right stepping right to right side, point left toe to left side, & turn ¼ turn left stepping forward on left, rock forward right still on 45 degree angle, recover back on left taking a ½ turn right

FULL TURN, ROCK & RECOVER

5-6-7&8 Taking ½ turn right step forward on right, taking ½ turn right step back on left, continuing a further ½ turn (facing 9:00) rock right to right side, & recover on left, close right beside left ready to restart dance

REPEAT

RESTART

On the 4th wall you will only do 8 counts of the dance before restarting
On the 6th wall you will only do 16 counts of the dance before restarting
On the 8th wall you will only do 20 counts of the dance before restarting
On the 9th wall you will only do 16 counts of the dance before restarting