

Christine's Dance

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christopher Parsons (UK)
音乐: Everywhere - Fleetwood Mac



HEEL SWITCHES, STEP ¼ TURN LEFT-FORWARD STEP, HEEL TWIST/ BOUNCE ¼ LEFT, LEFT COASTER

- 1& Dig right heel forward, step right next to left
2& Dig left heel forward, step left next to right
3&4 Step right foot forward, pivot ¼ left, step right foot slightly forward
5&6 Twist both heels: right - left - right while making a ¼ turn left

If not able to twist heels while turning bounce instead

- 7&8 Step left foot back, step right next to left, step left foot forward

SIDE ROCK - ½ TURN - SIDE ROCK, CROSS ROCK, & CROSS, & CROSS

- 1-2 Step right foot to right side, recover weight onto left
& ½ turn to the right stepping right next to left, same as the Monterey turn
3-4 Step left foot to left side, recover weight onto right
5-6 Cross left foot over right, recover weight onto right
&7 Step left foot next to right, cross right over left
&8 Step left foot next to right, cross right over left

LUNGE-FLICK, SYNCOPATED WEAVE, STEP-KICK, CROSS-BACK SIDE

- 1-2 Step left foot to left side bending both knees outwards and leaning body slightly to the left, straighten legs bringing weight onto right foot and flick left foot diagonally forward left
3&4 Cross left foot behind right, step right next to left, cross left over right
5-6 Step right foot forward, kick left foot forward
7&8 Cross left foot over right, step right foot back, step left next to right

CROSS UNWIND ½, RIGHT SHUFFLE, FORWARD ROCK, HOLD-TURN-TOUCH

- 1-2 Cross right foot over left, pivot ½ turn left
3&4 Step right foot forward, close left next to right, step right foot forward
5-6 Step left foot forward, recover weight onto right
7 Hold for 1 count
&8 ¼ turn left stepping forward on left foot, touch right foot next to left

REPEAT

The name of this dance is in honour to Christine McVie and the band's 1987 hit "Everywhere"