

Be Still

拍数: 0 墙数: 0 级数:
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音乐: Be Still My Heart - Silje Nergaard



Sequence: ABB, CBB, A(1-8), A, BBB, AB, B to end

PART A

TURN, STEP TOUCH STEP, TOUCH STEP, FULL TURN, CROSS

- &1-2 Turn $\frac{1}{4}$ right step onto right, touch left in front, touch left in place
- &3-4 Step left heel down, touch right in front, touch right in place
- 5-6 $\frac{1}{2}$ turn right step on right, $\frac{1}{2}$ turn right step back on left
- 7-8 Step right next to left, cross left in front of right

BACK TURN STEP, SLIDE, TURN STEP SWAY BACK, TURN STEP HOLD

- 1-2 Step back on right, $\frac{1}{4}$ turn left large step left to left side
- 3& Slide right up to left, $\frac{1}{4}$ turn left touch right next to left
- 4-5 Step right to right side, sway back onto left
- 6 Step right back
- 7-8 $\frac{1}{4}$ turn left sway onto left, hold

RECOVER, CROSS, SIDE, TURNING SHUFFLE, ROCK TOUCH RECOVER

- 1-2 $\frac{1}{4}$ turn right sway back onto right, cross left in front of right
- 3 Step right to right side
- 4&5 $\frac{3}{4}$ turn shuffle left, (left, right, left)
- 6-7-8 Rock forward onto right, touch left up to right, recover weight onto left

SIDE TOUCH, TURN STEP BALL STEP, SIDE TOUCH STEP, SWAY

- 1-2 Step right to right side, touch left next to right
- 3&4 $\frac{1}{4}$ turn left step onto left, step on ball of right next to left, step left in place
- 5-6 Step right to right side, touch left next to right
- 7-8 Step left to left side, sway back onto right

CROSS, SIDE, BEHIND TURNING SHUFFLE, PIVOT STEP BACK

- 1-2 Cross left in front of right, step right to right side
- 3 Cross left behind right
- 4&5 $\frac{1}{4}$ turn right step on right, forward on left, $\frac{1}{2}$ turn right step onto right
- 6-7-8 Step forward on left, pivot turn left step back on right, step back on left

STEP, TOUCH, STEP, SWAYS X6

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, sway back onto right
- 5 Sway onto left
- 6&7 Sway onto right, sway onto left sway onto right
- 8 Sway onto left

TURN, ROCK RECOVER, TURN, SHUFFLE, STEP, SLIDE

- 1-2 $\frac{1}{4}$ turn right step onto right, rock forward onto left
- 3-4 Rock back onto right, $\frac{1}{4}$ turn left step onto left
- 5&6 $\frac{1}{4}$ turn left shuffle forward (right, left, right)
- 7-8 Large step left to left side, slide right up to left

PART B

STEP SWAY SWAY CROSS $\frac{3}{4}$ UNWIND

- 1-2 Step right to right side, sway back onto left
- 3-4 Sway onto right, cross left in front of right
- 5-6-7-8 Swivel on balls of feet unwind $\frac{3}{4}$ turn right

PIVOT, STEP, CROSS, $\frac{3}{4}$ UNWIND

- 1-2 Step forward on left, pivot turn right transferring weight to right
- 3-4 Step forward on left, cross right in front of left leaning forward
- 5-6-7-8 Swivel on balls of feet unwind $\frac{3}{4}$ turn to left

PART C

SWAYS IN PLACE, STEP SWIVEL, RIGHT HEEL DOWN, SWIVEL LEFT HEEL DOWN

- 1-2 Step onto right, sway onto left
- 3-4 Sway onto right, sway onto left
- 5&6 Step forward onto right ball, swivel on balls of both feet $\frac{1}{4}$ left leaning back slightly, right heel down
- 7-8 Swivel on balls of both feet $\frac{1}{2}$ turn right, left heel down

STEP TOUCH, STEP BACK TOUCH, BACK TOUCH, BACK TOUCH

- 1-2 Step forward onto right, touch left behind right
- 3-4 Step back onto left, touch right beside left
- 5-6 Step back onto right touch left beside right
- 7-8 Step back onto left, touch right beside left

ROCK RECOVER LOCK STEP BACK TWICE, TURN ROCK OUT AND BACK

- 1-2 Rock forward onto right, recover weight onto left
- 3&4 Right lock step back (right, left, right)
- 5&6 Left lock step back (left, right, left)
- 7-8 $\frac{1}{4}$ turn right step right to right side, recover weight back onto left

PIVOT TURN, ROCKING CHAIR, PIVOT TURN

- 1-2 $\frac{1}{4}$ turn left step forward onto right, pivot $\frac{1}{2}$ turn left transfer weight to left
- 3-4 Rock forward onto right, recover weight onto left
- 5-6 Rock back onto right, recover weight onto left
- 7-8 Step forward onto right, pivot $\frac{1}{2}$ turn left step onto left

STEP CROSS SIDE BEHIND SIDE BEHIND SIDE BEHIND SIDE

- 1-2 Step forward onto right, cross left in front of right
- 3-4 Step right to right side, cross left behind right
- 5&6 Step right to right side, cross left behind right, step right to right side
- 7-8 Cross left behind right, step right to right side

TURN LEFT SKATE TOUCH, STEP TOUCH, STEP TOUCH, TURN STEP SWAY

- 1-2 $\frac{1}{4}$ turn left skate left, touch right behind left
 - 3-4 Long step forward onto right, touch left behind right
 - 5-6 Long step forward onto left, touch right behind left
 - 7-8 $\frac{1}{4}$ turn right step onto right, sway onto left
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