

Back To Normal

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ian Eccleston (UK)
音乐: Talking To A Stranger - Rodney Crowell



TOUCH BACK, UNWIND ½ TURN RIGHT, STEP LOCK STEP, FORWARD ROCK, COASTER STEP

1-2 Touch right toe back, unwind ½ turn right
3&4 Step forward right, lock left behind right, step forward right
5-6 Rock forward right, rock back left
7&8 Step back left, step right next to left, step forward left

FORWARD ROCK, ½ TURN RIGHT, ¼ TURN RIGHT, BEHIND, SIDE, CROSS ROCK

1-2 Rock forward right, rock back left
3-4 ½ Turn right stepping forward right, ¼ turn right stepping left to left side
5-6 Cross right behind left, step left to left side
7-8 Cross rock right over left, rock back on left

SIDE, CROSS, ¼ TURN LEFT, CHASSE ¼ TURN LEFT, STEP, FORWARD ROCK, TRIPLE ½ TURN LEFT

&1-2 Step right to right side, cross left over right, ¼ turn left stepping back on right
3&4 ¼ Turn left stepping left to left side, close right next to left step left to left side
&5-6 Step right next to left, rock forward left, rock back right
7&8 Triple ½ turn left stepping left, right, left

CROSSING HEEL JACK, EXTENDED CROSSING SHUFFLE, LEFT ROCK, TRIPLE ¾ TURN LEFT

&1&2 Step back on right, touch left heel diagonally forward left, step back on left, cross right over left
&3&4 Step left to left, cross right over left, step left to left, cross right over left
5-6 Rock left to left, rock right to right
7&8 Triple ¾ turn left stepping left, right, left

STEP LOCK, STEP, STEP LOCK, STEP, STEP ½ TURN PIVOT LEFT, STEP ¼ TURN PIVOT LEFT

1-2& Step right diagonally forward right, lock left behind right, step right beside left
3-4& Step left diagonally forward left, lock right behind left, step left beside right
5-6 Step forward right, ½ turn pivot left
7-8 Step forward right, ¼ turn pivot left

CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2 Step right to right, close left to right, step right to right
3-4 Rock back left, rock forward right
5&6 Step left to left, close right to left, step left to left
7-8 Rock back right, rock forward left

RIGHT & LEFT CROSSING HEEL JACKS, SIDE, BEHIND, CROSSING HEEL JACK

1&2 Touch right heel diagonally forward right, step back on right, cross left over right
&3&4 Step right diagonally back right, touch left heel diagonally forward left, step back left, cross right over left
5-6 Step left to left, cross right behind left
&7&8 Step left diagonally back left, touch right heel diagonally forward right, step back on right, cross left over right

SYNCOPATED ½ MONTEREY TURN, CHASSE RIGHT, FORWARD ROCK, COASTER STEP

- 1&2& Point right toe to right side, ½ turn right stepping right next to left, point left toe to left side, step left next to right
- 3&4 Step right to right side, close left next to right, step right to right side
- 5-6 Rock forward left, rock back right
- 7&8 Step back on left, step right next to left, step forward left

REPEAT

RESTART

On 3rd repetition dance to count 56 only & begin again
