

Backroads

拍数: 60 墙数: 2 级数: Intermediate
编舞者: Michael Barr (USA)
音乐: Sunset Red and Pale Moonlight - Pam Tillis



This dance has ten patterns of 6 counts. The rhythm is a Two Step to the cadence of Quick, Quick, Slow, Slow. The last pattern is a 4 count-4 step pattern to better phrase the dance to the music. I hope you have fun with this dance and that it helps to keep you on the dance floor. Have Fun!!

FORWARD LEFT, RIGHT, LEFT, PAUSE, RIGHT, PAUSE, (QUICK-QUICK-SLOW-SLOW)

1-2 Step forward on left, step forward on right
3-4 Step forward on left, pause
5-6 Step forward on right, pause

FORWARD RIGHT, ½ PIVOT, LEFT, PAUSE, RIGHT, PAUSE: REPEAT (QUICK-QUICK-SLOW-SLOW)

1-2 Step forward on left, and pivot ½ turn to right (weight ends on right foot)
3-4 Step forward on left, pause
5-6 Step forward on right, pause

REPEAT THOSE LAST 6 STEPS (WILL END FACING STARTING WALL)

LEFT TOUCH, TOUCH, TOUCH, PAUSE, STEP, PAUSE (QUICK-QUICK-SLOW-SLOW)

1-2 Touch left toe forward and slightly left toward 11:00, touch left foot next to right
3-4 Touch left toe forward and slightly left toward 11:00, pause
5-6 Step left next to right, take weight on left. Pause

On counts 1-4 bring your left shoulder and hip forward along with the left toe

RIGHT TOUCH, TOUCH, TOUCH, PAUSE, ¼ TURN RIGHT, PAUSE (QUICK-QUICK-SLOW-SLOW)

1-2 Touch right toe forward and slightly right toward 1:00, touch right foot next to left
3-4 Touch right toe forward and slightly right toward 1:00, pause
5-6 Step right next to left while turning ¼ turn to right, pivoting on left foot, pause (facing 3:00 wall)

On counts 1-4 bring your right shoulder and hip forward along with the right toe. Also, just before executing count 1 you can bring your right foot towards your left, like an & count

ROCK BACK, ROCK RETURN, FORWARD, PAUSE, FORWARD, PAUSE (QUICK-QUICK-SLOW-SLOW)

1-2 Rock step back on left foot, rock forward on right foot
3-4 Step forward on left, pause
5-6 Step forward on right, pause

ROCK FORWARD, ROCK RETURN, ½ TURN LEFT, PAUSE, FORWARD, PAUSE (QUICK-QUICK-SLOW-SLOW)

1-2 Rock step forward on left, rock back on right (in place)
3-4 Step left into a ½ turn to left, pause (facing 9:00)
5-6 Step forward on right foot, pause

ROCK BACK, ROCK RETURN, FORWARD, PAUSE, FORWARD, PAUSE (QUICK-QUICK-SLOW-SLOW)

1-2 Rock step back on left, rock return on right (in place)
3-4 Step forward on left, pause
5-6 Step forward on right, pause

ROCK FORWARD, ROCK RETURN, TURN ¼ LEFT, PAUSE, CROSSOVER, PAUSE (QUICK-QUICK-SLOW-SLOW)

- 1-2 Rock step forward on left, rock back in place on right
- 3-4 Step to left side into a $\frac{1}{4}$ turn to the left, pause
- 5-6 Cross step right over left, pause (this step is start of a jazz square)

ANGLE BACK, BACK, FORWARD, PAUSE, FORWARD, PAUSE (QUICK-QUICK-SLOW-SLOW)

- 1-2 Step back and slightly to left on left, straight back on right
- 3-4 Step forward on left, pause
- 5-6 Step forward onto right, pause

TAP, TAP, TAP, STOMP (QUICK-QUICK-QUICK-QUICK)

- 1-2 Tap left toe into right instep, tap left heel next to right
- 3-4 Tap left toe into right instep, stomp on left foot, keeping weight on right foot

REPEAT
