

Ballo Al Destro E Sinistro

拍数: 64 墙数: 2 级数: Improver
编舞者: Gary Lafferty (UK)
音乐: Bella Bella Signorina - Patrizio Buanne



SIDE, TOGETHER, SIDE, HOLD, CROSS-ROCK, RECOVER, SIDE, HOLD

1-4 Step to left on left foot, step on right foot beside left, step to left on left foot, hold
5-8 Cross-rock right foot over left, recover weight back onto left foot, step to right on right foot, hold

CROSS, SIDE, BEHIND, SIDE, CROSS-ROCK, RECOVER, SIDE, HOLD

1-4 Cross-step left over right, step to right on right, cross-step left behind right, step to right on right foot
5-8 Cross-rock left foot over right, recover weight back onto right foot, step to left on left foot, hold

STEP FORWARD, HOLD, ROCK STEP, STEP BACK, HOLD, ROCK STEP

1-4 Step forward on right foot, hold, rock forward on left foot, recover weight back onto right foot
5-8 Step back on left foot, hold, rock back on right foot, recover weight onto left foot

STEP FORWARD, HOLD, ½ TURN, HOLD, STEP FORWARD, ½ TURN, STEP FORWARD, HOLD

1-4 Step forward on right foot, hold, pivot ½ turn to left, hold
5-8 Step forward on right foot, pivot ½ turn to left, step forward on right foot, hold

SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, CROSS, HOLD

1-4 Step to left on left foot, hold, step on right foot beside left hold
5-8 Step to left on left foot, step on right foot beside left, cross-step left foot over right, hold

SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, CROSS, HOLD

1-4 Step to right on right foot, hold, step on left foot beside right, hold
5-8 Step to right on right foot, step on left foot beside right, cross-step right foot over left, hold

STEP LEFT, HOLD, ROCK BACK, RECOVER, STEP RIGHT, HOLD, ROCK BACK, RECOVER

1-4 Step to left on left foot, hold, rock back on right foot, recover weight onto left foot
5-8 Step to right on right foot, hold, rock back on left foot, recover weight onto right foot

SIDE, TOGETHER, BACK, HOLD, TRIPLE ½ TURN RIGHT, HOLD

1-4 Step to left on left foot, step on right foot beside left, step back on left foot, hold
5-7 Make a ½ turn over right shoulder in place, stepping on right-left-right
8 Hold

REPEAT
