

# As

拍数: 0                      墙数: 4                      级数: Intermediate  
编舞者: Abbi-Rose Cliff  
音乐: As - Michael Bolton



Sequence: A, A to 20, Tag, B, A to 20, Tag, B, A, A to 20, carry on dancing B, using Part C instead of Section 4 in Part B, until end of track

## PART A (VERSE)

### CROSS ROCK, TRIPLE FULL TURN, RIGHT ROCK, FULL TURN RIGHT

1-2                      Cross rock left over right, rock back on to right  
3&4                      Triple full turn left on left right left  
5-6                      Rock to right side on right, rock onto left in place  
7&8                      Full turn to right on right left right

### CROSS ROCK, SIDE CLOSE SIDE, CROSS ROCK, SIDE CLOSE ¼ TURN

1-2                      Cross rock left over right, rock back on to right  
3&4                      Step left to left side, close right beside left, step left to left side  
5-6                      Cross rock right over left, rock back onto left  
7&8                      Step right to right side, close left beside right, step right ¼ turn right

### FORWARD ROCK, TRIPLE FULL TURN, RIGHT ROCK, CROSS SHUFFLE

1-2                      Forward rock on left, rock back on to right  
3&4                      Triple full turn left on left right left  
5-6                      Rock to right side on right, rock onto left in place  
7&8                      Cross right over left, step left to left side, cross right over left

### FORWARD ROCK, COASTER STEP TWICE

1-2                      Rock forward on left, rock back onto right  
3&4                      Step back on left, step right beside left, step forward left  
5-6                      Rock forward on right, rock back onto left  
7&8                      Step back on right, step left beside right, step forward right

## PART B (CHORUS)

### FORWARD AND BUMP X 4

1&2                      Touch forward right, bumping hips diagonally forward right twice taking weight onto right)  
3&4                      Touch forward left, bumping hips diagonally forward left twice taking weight onto left  
5-8                      Repeat Part B section 1 steps 1-4

### FORWARD ROCK, SHUFFLE ½ TURN, FORWARD LEFT SHUFFLE, FORWARD RIGHT SHUFFLE

1-2                      Rock forward on left, rock back onto right  
3&4                      ½ turn shuffle right on right left right  
5&6                      Step forward left, lock right behind left, step forward left  
7&8                      Step back right, lock left in front of right, step back right

### DIAGONAL HEEL DROPS X 4 (TRAVELING FORWARD)

1&2                      Step left toes diagonally forward left, drop left heel ½ way to floor and raise again, drop heel to floor  
3&4                      Step right toes diagonally forward right, drop right heel ½ way to floor and raise again, drop heel to floor  
5-8                      Repeat steps 1-4

**FORWARD ROCK, COASTER STEP, FORWARD ROCK, SHUFFLE ½ TURN**

- 1-2 Rock forward on left, rock back onto right
- 3&4 Step back on left, step right beside left, step forward left
- 5-6 Rock forward on right, rock back onto left
- 7&8 ½ turn shuffle right on right left right

**PART C**

**Part C is danced instead of Section 4 in part B, towards the end of the track**

**FORWARD ROCK, COASTER STEP, FORWARD ROCK, ½ TURN RIGHT, STEP LEFT**

- 1-2 Rock forward on left, rock back onto right
- 3&4 Step back on left, step right beside left, step forward left
- 5-6 Rock forward on right, rock back onto left
- 7-8 ½ right stepping forward on right, Step left in place

**TAG**

**This tag is danced after count 20 of A, (before starting B)**

**FORWARD ROCK, COASTER STEP TWICE**

- 1-2 Rock forward on right, rock back onto left
  - 3&4 Step back on right, step left beside right, step forward right
  - 5-6 Rock forward on left, rock back onto right
  - 7&8 Step back on left, step right beside left, step forward left
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