Ashes By Now



拍数: 48 墙数: 2 级数: Intermediate

编舞者: David J. McDonagh (WLS)

音乐: Ashes By Now - Lee Ann Womack



CROSS ROCK, SIDE CHASSE (1/4-LEFT), MODIFIED JAZZ BOX INTO A SIDE CHASSE

1-2 Cross-rock left over right, rock weight back onto right

3&4 Step left to left side, step right beside left, step left to left side with ¼ turn left

5-6 Cross-step right over left, step back on left

7&8 Step right to right side, step left beside right, step right to right side

FRONT SAILOR STEPS TWICE, CROSS ROCK, WALKS (1/4-LEFT)

During the next 4 counts, travel forward slightly

1&2 Cross-step left over right, step right to right side, step left in place 3&4 Cross-step right over left, step left to left side, step right in place

5-6 Cross-rock left over right, rock weight back onto right

7-8 Turn ¼ turn left stepping forward on left, walk forward on right

BIG SLIDE, HIP BUMPS, KICK BALL CROSS TWICE

1-2 Step left large step to left side, slide right beside left

3&4 Bump hips: left, right, left

During the next 4 counts, travel to your right side slightly

Low kick right foot forward, step right beside left, cross-step left over right Low kick right foot forward, step right beside left, cross-step left over right

BIG SLIDE, HIP BUMPS, WALKS OR ROLL (1/4-LEFT)

1-2 Step right large step to right side, slide left beside right

3&4 Bump hips: right, left, right

5 Turn ¼ turn left stepping forward onto left

6-8 Walk forward: right, left, right

Option: during counts 5-8, complete an extra full turn over left shoulder

ROCK STEP, BACK-LOCK-BACK, STOMP (1/2-RIGHT), HOLD, BACK-LOCK-BACK

1-2 Rock forward onto left, rock weight back onto right

3&4 Step back on left, cross-step right over left, step back on left

5 On ball of left, pivot ½ turn over right shoulder up-stomping right forward (weight on left)

6 Hold for (1) count (weight still on left)

7&8 Step back on right, cross-step left over right, step back on right

TOUCH PIVOT (1/4-LEFT), BACK-LOCK-BACK, TOUCH PIVOT (1/2-RIGHT), TRIPLE STEP (1/2-RIGHT)

1 Touch left toe back

2 On ball of right, pivot ¼ turn over left shoulder (weight on right) 3&4 Step back on left, cross-step right over left, step back on left

5 Touch right toe back

6 On ball of left, pivot ½ turn over right shoulder (weight on left)

7&8 Triple step on the spot completing ½ turn over right shoulder stepping: right, left, right

REPEAT