

And More

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Julie Dowse (AUS)
音乐: And More - Restless Heart



STEP, DRAG, STEP, DRAG, FORWARD COASTER, STEP TOGETHER

- 1-4 Step right forward, drag left to right, step left forward, drag right to left
5-8 Step right forward, step left beside right, step right back, step left next to right (12:00)

¼ TURN ROCK FORWARD, HOLD, ROCK BACK, ¼ HINGE, ¼ TURN ROCK FORWARD, HOLD, ROCK BACK, ¼ HINGE

- 1-4 ¼ turn over left stepping forward on right, hold, rock back on left, ¼ turn over right stepping right to right (12:00)
5-8 ¼ turn over right stepping forward on left, hold, rock back on right, ¼ turn over left stepping left to left

STEP FORWARD 45 DEGREES LEFT, STEP BESIDE, TURN ¼ TURN RIGHT, STEP FORWARD, STEP BESIDE, TURN ¼ TURN LEFT, STEP ACROSS, STEP TO SIDE

- 1-2-3 Step right forward left diagonal (facing 10:00), step left together, turn over right to face (2:00) weight right
4-5-6 Step left forward, step right beside left, turn over left to face (10:00) weight left
7-8 Cross/step right over left (still on diagonal), step left to left (straightening up to face 12:00)

½ HINGE OVER RIGHT, ROCK/STEP, REPLACE, SIDE STEP, CROSS/STEP, ¼ TURN ½ TURN, ½ TURN

- 1-4 ½ hinge turn over right stepping right to right, rock/step left over right, replace weight to right, step left to left
5-8 Cross/step right over left, ¼ turn over right stepping back on left, ½ turn over right stepping right forward, ½ turn over right stepping back on left (9:00)

STEP BACK, DRAG, STEP BACK, STEP TOGETHER, STEP BACK, DRAG, ROCK BACK, ROCK FORWARD

- 1-4 Step back on right, drag left to right, step back on left, step right beside left
5-8 Step back on left, drag right to left, rock back on right, rock forward on left

¼ TURN, DRAG, STEP BEHIND, ¼ TURN, ¼ TURN, DRAG, STEP BEHIND, ¼ TURN

- 1-4 ¼ turn over left stepping (large step) right to right, drag left to right, step left behind right, ¼ turn over right stepping right forward
5-8 ¼ Turn over right stepping (large step) left to left, drag right to left, step right behind left, ¼ turn over left stepping left forward

½ PIVOT, ¾ TURN, ROCK, REPLACE, CROSS/STEP, FULL UNWIND

- 1-4 Step forward right, ½ pivot over left, step forward right, turn ¾ over left (on right foot) keeping left foot raised (6:00)
5-8 Rock/step left to left, replace weight to right, cross/step left over right, full unwind over right weight left

ROCK, REPLACE, CROSS/STEP, SWEEP AROUND, CROSS/STEP, STEP, CROSS/STEP HOLD

- 1-4 Rock/step right to right, replace weight to left, cross/step right over left, sweep left around
5-8 Cross/step left over, step right to right, cross/step left over right, hold

REPEAT

TAG

On walls 2,4 & 6 (every time you face the front)

1-4 Step forward right, replace weight to left, step right back, drag left back

5-8 Step back left, replace weight to right, step forward left, drag right forward

TAG 2

On wall 2 after the first tag has been danced

1-4 Step right forward, drag left to right, step back on left, drag right back to left

5-8 Step back on right, step left beside right, step right forward, step left beside right

RESTART

Restart on wall 5. Dance to count 40, then $\frac{1}{4}$ turn over left ready to start dance on new wall

FINISH

Dance to count 16, then cross right over left
