

From Where I Stand

拍数: 48 墙数: 4 级数: Improver
编舞者: Roma's Rebels (UK) - October 2007
音乐: From Where I Stand - The Cheap Seats



SIDE ROCK, BEHIND SIDE FRONT, SIDE ROCK, BEHIND SIDE FRONT

- 1 2 3&4 Rock right foot to right side, rock back onto left Step right foot behind left, left foot beside right and right foot in front of left
- 5 6 7&8 Rock left foot to left side, rock back onto right Step left foot behind right, right foot beside left and left foot in front of right

ROCK RECOVER, HALF SHUFFLE TURN RIGHT, DIZZY TURN RIGHT, LEFT SHUFFLE

- 1 2 3&4 Rock forward on right ,recover to left, shuffle right left right, turning half turn
- 5 6 7&8 Step left and right turning full turn, left right left shuffle

RIGHT TOGETHER, RIGHT COASTER STEP, LEFT TOGETHER, LEFT COASTER STEP

- 1 2 3&4 Right foot to right side, left foot beside right foot, right foot back left together with right, step forward on right
- 5 6 7&8 Left foot to left side, right foot beside left foot, left foot back, right together with left, step forward on left

HEEL AND HEEL AND HEEL (TURNING 1/4 TURN LEFT) HOOK STEP, LEFT SHUFFLE, ROCK FORWARDS, RECOVER

- 1&2&3&4 Touch right heel forward, left heel forward, right heel forward (turning 1/4 turn over last 3 steps) Hook right foot over left and step forward on right
- 5&6 7 8 Shuffle forward left right left, rock forward on right and back onto left

DIZZY TURN RIGHT, RIGHT SHUFFLE, ROCK FORWARD, RECOVER, LEFT COASTER STEP

- 1 2 3&4 Step right and left turning full turn Right left right turning 1/2 turn.
- 5 6 7&8 Rock forward on left back on right Step back on left, right beside left, forward on left

CROSS ROCK, RIGHT CHASSE, CROSS ROCK, CHA CHA CHA

- 1 2 3&4 Cross right foot over left, rock back onto left, step right to right side, step left together to right, step right to right side.
- 5 6 7&8 Cross left over right, rock back onto right. Step left right left in place.

Begin again.