Sand In My Shoes



拍数: 64 墙数: 2 级数: Intermediate

编舞者: Wil Curley (CAN) - January 2008

音乐: Sand In My Shoes - Dido: (Life For Rent)



RIGHT SIDE ROCK CROSS, RIGHT SIDE ROCK CROSS

1-2	Right foot side rock, recover left
3-4	Right foot cross rock, recover left
5-6	Right foot side rock, recover left
7-8	Right foot cross rock, recover left

RIGHT 1/4 TURN KICK, BACK ROCK, LEFT KNEE OUT-IN, LEFT KICK FORWARD

1-2	Right foot side	guarter turn righ	nt on left foot	kick right slightly
1-2	Trigiti 100t side, t	quarter turri rigi	it off left loot,	KICK HIGHT SHIGHTLY

3-4 Right foot back rock, recover left

5-6 Right foot beside left with weight, left knee out

7-8 Left knee in, kick left foot forward and lift heel of right of right foot

LEFT BACK TOGETHER RIGHT, LEFT FORWARD SHUFFLE, RIGHT MONTEREY

1-2	Left foot step back, right together
3&4	Left, right, left forward shuffle

5-6 Right foot to right side with weight on left, do ½ turn to right on left foot, end with right foot

beside left with weight on right

7-8 Touch left foot to left side and place beside right with weight

RIGHT MONTEREY, RIGHT ½ TURN JAZZ BOX

1-2	Right foot to right side with weight on left, do ½ turn to right on left foot, end with right foot
	beside left with weight on right
3-4	Touch left foot to left side and place beside right with weight
5-6	Right foot cross in front of left foot, step back on left foot with weight
7-8	On right foot make ½ turn to right with weight, place left foot beside

1/4 TURN RIGHT AND TOUCH LEFT, GRAPEVINE TO RIGHT, TOUCH RIGHT, TOUCH LEFT

1-2	Step forward on right with weight and pivot ¼ turn and touch left toe out to left side
3-4	Step left foot behind right with weight, step right foot beside with weight
5-6	Step left foot in front of right with weight, touch right toe out to right side

7-8 Step right foot behind left with weight, touch left toe out to left side

TOUCH LEFT TOE, PIVOT ¼ TURN RIGHT, KICK LEFT, ROCK BACK LEFT AND RECOVER, JAZZ BOX IN PLACE

1-2	Cross left toe in front of right and touch toe, pivot ¼ turn right on right and kick left foot
	forward
3-4	Rock back on left, recover on right

5-6 Cross left foot in front of right, step back right

7-8 Step left foot beside right with weight, touch right toe in place

RIGHT PIVOT TURN, LEFT PIVOT TURN, LEFT GRAPEVINE

1-2	Step forward right, turn ¼ to right on right foot with weight, touch left toe to left side
3-4	Step ½ turn to left on left foot with weight, touch right toe out to right side
5-6	Step right foot behind left with weight, step left foot beside right with weight
7-8	Step right foot in front of left with weight, touch left toe out to left side

FRONT CROSS AND TOUCH, BACK CROSS AND TOUCH, FRONT CROSS AND ½ TURN, TOUCH AND KICK

1-2	Step left foot across front of right with weight, touch right toe out to right side
3-4	Step right foot behind left with weight, touch left toe out to left side
5-6	Step left foot across front of right, unwind ½ turn to right and end with weight on left
7-8	Touch right toe in place, kick right foot forward

REPEAT

RESTART:

On 6th wall of dance after count 32 (½ turn jazz box), do a 4 count tag consisting of a ¾ turn jazz box which puts you back on the front wall, then restart the dance at count 1.