

Friction

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES) - November 2007
音乐: Friction - Woody Bradshaw : (CD: Lightening in a Bottle)



KICK & TOUCH BACK, TWIST HEELS RIGHT LEFT RIGHT MAKING 1/2 TURN LEFT, (CROSS OUT, OUT X 2)

1&2 KICK RIGHT FORWARD, STEP RIGHT NEXT TO LEFT, TOUCH LEFT BACK
3&4 TWIST HEELS RIGHT, LEFT RIGHT MAKING 1/2 TURN LEFT (WEIGHT BACK ON RIGHT)
5&6 CROSS LEFT OVER RIGHT, STEP BACK RIGHT, STEP LEFT TO LEFT SIDE
7&8 CROSS RIGHT OVER LEFT, STEP BACK LEFT, STEP RIGHT TO RIGHT SIDE

LEFT COASTER STEP, STEP 3/4 TURN LEFT, SIDE ROCK, BEHIND SIDE CROSS

1&2 LEFT COASTER STEP
3&4 STEP FORWARD ON RIGHT, MAKE 3/4 TURN LEFT ON RIGHT
5-6 ROCK LEFT TO LEFT SIDE, RECOVER WEIGHT TO RIGHT
7&8 CROSS LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT

TOUCH OUT IN SIDE STEP RIGHT, SAILOR STEP, BEHIND SIDE CROSS TOUCH OUT IN SIDE STEP LEFT

1&2 TOUCH RIGHT TO RIGHT SIDE, TOUCH RIGHT NEXT TO LEFT, STEP RIGHT TO RIGHT SIDE
3&4 LEFT SAILOR STEP
&5-6 CROSS RIGHT BEHIND LEFT, STEP LEFT TO LEFT SIDE, CROSS RIGHT OVER LEFT
7&8 TOUCH LEFT TO LEFT SIDE, TOUCH LEFT NEXT TO RIGHT, STEP LEFT TO LEFT SIDE

RIGHT SAILOR STEP, BEHIND SIDE CROSS, TOUCH OUT IN KICK FORWARD IN SIDE ROCK TOGETHER

1&2 RIGHT SAILOR STEP
3-4 STEP LEFT BEHIND RIGHT, STEP RIGHT TO RIGHT SIDE, CROSS LEFT OVER RIGHT
5&6& TOUCH RIGHT TO RIGHT SIDE, TOUCH RIGHT NEXT TO LEFT, KICK RIGHT FORWARD, STEP RIGHT IN PLACE
7-8 ROCK LEFT TO LEFT SIDE, RECOVER TO RIGHT, STEP LEFT NEXT TO RIGHT

FUNKY SHUFFLE BACK RIGHT THEN LEFT, COASTER STEP, LEFT SHUFFLE FORWARD

1&2 RIGHT SHUFFLE BACK WITH STRAIGHT RIGHT LEG, BENDING LEFT KNEE
3&4 REPEAT 33 & 34 WITH LEFT SHUFFLE BACK
5&6 RIGHT COASTER STEP
7-8 LEFT SHUFFLE FORWARD

RIGHT MAMBO, LEFT COASTER STEP, STEP TURN STEP, TRIPLE TURN FORWARD

1&2 ROCK FORWARD RIGHT, RECOVER, STEP RIGHT IN PLACE
3&4 LEFT COASTER STEP
5 & 6 STEP FORWARD RIGHT, 1/2 TURN LEFT, STEP FORWARD RIGHT
7 & 8 MAKE 1/2 TURN RIGHT STEP BACK ON LEFT, MAKE 1/2 TURN RIGHT STEP FORWARD ON RIGHT, STEP FORWARD ON LEFT

START OVER

RESTART: RESTART AFTER COUNT 40 ON WALL 2 (SHOULD BE 12 O'CLOCK WALL)

