No Chains

1

&

级数: Intermediate

编舞者: Ria Vos (NL) - June 2008

音乐: Independence Day - Gabrielle : (Album: Rise)

Rock Fwd, Together, Pivot ¼ Turn R, Cross, ¼ Turn I, ½ Turn L, Rock Fwd, Diagonal Back-Lock-Back 1-2& Rock forward on R, recover on L, step R next to L 3&4 Step forward on L, pivot 1/4 turn right, cross step L over R 5& 1/4 Turn left -step R back, 1/2 turn left -step L forward 6-7 Rock forward on R, recover on L &8& Step R back to R diagonal, lock L in front of R, step R back to R diagonal Side Rock, Together, Side Rock with ¾ Turn L, Rock Behind, ¼ Turn R, ¼ Turn R, Cross, Brush-Hitch 1-2& Rock L to left side, recover on R, step L next to R 3&4 Rock R to right side, 1/4 turn left -recover on L, 1/2 turn left step R back 5-6 Cross rock L behind R, recover on R &7 1/4 Turn right - step L back, 1/4 turn right - step R to right side 88 Cross step L over R, brush R forward into a small hitch (this is a fluent movement) Rock Behind, & Side Rock-Cross, Side, Rock Behind, & Side Rock-Cross, 3/4 Turn R 1-2 Rock R behind L (push R shoulder back), recover on L &3 Rock R to right side, recover on L &4 Cross step R over L, big step L to left side 5-6 Rock R behind L (push R shoulder back), recover on L &7 Rock R to right side, recover on L &8 Cross step R over L, ¼ turn right -step back on L -continue turn with ½ turn right on L -hook R in front of L***Restartpoint Step Fwd, Rock Fwd, Coaster Step, Sweep ¼ Turn L, Cross, Side, Sailor ½ Turn R, Lock behind Step forward on R 2& Rock forward on L. recover on R 3&4 Step L back, step R next to L, Step L forward 5-6 Sweep R into ¼ turn left –cross step R over L, step L to left side 7&8 Step R behind L, 1/2 Turn R step L together, step R forward Lock step L behind R

Restart: On 4th wall after count 24, Restart at count 1. (9:00)





拍数: 32

Start after 40 counts just before vocals

墙数:4