Soft & Slow



编舞者: Annie Saerens (BEL) - January 2010

音乐: Your Man - Josh Turner



FORWARD STEPS, ENGLISH CROSS, PIVOT ½ TURN, PIVOT ½ TURN, SHUFFLE

1-2&3-4 R fwd step, L fwd step, ¼ turn to L and step R foot to side, cross over with L, ½ turn R

5-6-7&8 L fwd step, ½ turn R, L fwd shuffle

ROCK STEP, TOG, STEP, SWEEP, CROSS, BACK STEP, 1/4 TURN CHASSE

1-2&3-4 Fwd R rock, recover onto L, together with R, fwd L step, sweep R from back to front

5-6-7&8 Cross over with R, back L step, ¼ turn chassé

CROSS ROCK STEP, SIDE, CROSS ROCK STEP, BACK ROCK STEP, PIVOT ½ TURN

1-2&3-4 Cross over with a L rock, recover onto R, L side step, cross over with a R rock, recover

5-6-7-8 R back rock, recover onto L, R fwd step, ½ turn L

CROSS ROCK STEP, MAMBO TOUCH, SIDE SWAY, SWAY, SWAY, SWAY, TOUCH

1-2-3&4 Cross over with a R rock, recover onto L, R side rock, recover onto L, R touch next to L 5-6-7&8 Rock to side with R and sway, sway to L, sway to R, sway to L, R touch next to L

Restarts

On wall 1,4,5,8, dance only the 28 counts of the dance (omit the last 4 counts) and restart the dance

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