

Gold Band

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: Bernard Williams (UK) - October 2010
音乐: Band of Gold (Almighty Radio Edit) - Kimberley Locke : (CD: Band of Gold
Remixes)



Start on vocals (count 32)

[1 – 8] R Kick & Cross, R Kick & Cross, R Side Rock, Recover, L Behind, Side, Cross

1 & 2 Kick Right Diagonally Right, Step onto Right, Cross Left over Right
3 & 4 Kick Right Diagonally Right, Step onto Right, Cross Left over Right
5, 6 Right Rock to Right side, Recover onto Left
7 & 8 Step Right behind Left, Step left to left Side, Step Right across Left

[9 – 16] L Kick & Cross, L Kick & Cross, L Side Rock, Recover, ¼ Sailor Left

9 & 10 Kick Left Diagonally Left, Step onto Left, Cross Right over Left
11 & 12 Kick Left Diagonally Left, Step onto Left, Cross Right over Left
13, 14 Left Rock to Left side, Recover onto Right
15 & 16 Step Left behind Right, Step Right to Right, Make ¼ Turn Left Step Forward Left

[17 – 24] Right Step ¼ L, L Touch, R Side Touch, Right Step ¼ L, L Touch, R Side Touch

17, 18 Turn ¼ Left Stepping Right to Right Side, Touch Left next to Right
19, 20 Step Left to Left, Touch Right next to Left
21, 22 Turn ¼ Left Stepping Right to Right Side, Touch Left next to Right
23, 24 Step Left to Left, Touch Right next to Left

[25 – 32] Right Side Shuffle, Rock Back, Left Side Shuffle, Rock Back

25 & 26 Step Right to Right Side, Step Left next to Right, Step Right to Right Side
27, 28 Rock back on Left, Recover weight on Right
29 & 30 Step Left to Left Side, Step Right next to Left, Step Left to Left Side
31, 32 Rock back on Right, Recover weight on Left
