

The Shield

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - June 2011
音乐: The Shield and the Sword (Almighty Remix) (Radio Mix) - Clare Maguire :
(Album: The Shield and the Sword)



Intro: 32 Counts (Start on lead vocals)

(S1) Right Jazz box. Forward rock. Full turn Right.

1 – 4 Cross Right over Left. Step back on Left. Step Right to Right side. Step Left forward.
5 – 6 Rock Right forward. Recover weight back on Left.
7 – 8 Make 1/2 Right stepping Right forward. Make 1/2 Right stepping Left back (12.00).

Can replace counts 7-8 with two walks back stepping: Right, Left.

(S2) Back rock. Forward Shuffle. Forward rock. Back-lock-step.

1 – 2 Rock back on Right. Recover weight forward on Left.
3&4 Step Right forward. Close Left beside Right. Step Right forward.
5 – 6 Rock forward on Left. Recover weight back on Right.
7&8 Step back on Left. Lock Right across Left. Step back on Left (12.00).

(S3) Touch unwind. Side rock-cross. Side touch. Left Kick ball-cross.

1 – 2 Touch Right toe back. Unwind 1/2 turn Right (transferring weight into Right) (6.00).
3&4 Rock Left to Left side. Recover weight into Right. Cross Left over Right.
5 – 6 Step Right to Right side. Touch Left beside Right.
7&8 Kick Left to Left diagonal. Step Left beside Right. Cross Right over Left.

(S4) Chasse Left. 1/4 Chasse Right. Step forward: Out, Out. Step Back: In, In.

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.
3&4 Make 1/4 Right stepping Right to Right side. Close Left beside Right. Step Right to Right side (9.00).
5 – 6 Step forward and out on Left. Step forward and out on Right.
7 – 8 Step back and in on Left. Touch Right beside Left.

(S5) Ball-step. Hold. Kick-ball-step. Pivot 1/2 turn. 1/4 Side Step. Back Rock.

&1 Step Right beside Left putting weight into Right. Step forward on Left.
2 Hold.
3&4 Kick Right forward. Step Right beside Left. Step forward on Left.
5 – 6 Pivot 1/2 turn Right. Make 1/4 Right stepping Left to Left side.
7 – 8 Rock Right back. Recover weight forward on Left (6.00).

(S6) Side-hold. Sailor 1/4 turn Left. Step Forward. 1/2 Turn Right. Right Coaster Step.

1 – 2 Step Right to Right side. Hold.
3&4 Cross Left behind Right. Step Right beside Left making 1/4 Left. Step Left forward (3.00)
5 – 6 Step forward on Right. Make 1/2 turn Right stepping back on Left.
7&8 Step back on Right. Step Left beside Right. Step forward on Right (9.00).

(S7) Diagonal Step-lock. & Heel Jack. Hold. & Cross-side. Sailor 1/4 turn Left.

1 – 2 Step Left to Left diagonal. Lock Right behind Left.
&3,4 Step Left slightly to Left side. Dig Right heel to Right Diagonal. Hold.
&5,6 Step Right in beside Left. Cross Left over Right. Step Right to Right side.
7&8 Cross Left behind Right. Step Right beside Left making 1/4 turn Left. Step Left forward (6.00).

(S8) Paddle 1/4 turn Left X3. Right Kick ball-step.

- 1 – 2 Step Right forward. Pivot 1/4 turn Left.
- 3 – 4 Step Right forward. Pivot 1/4 turn Left.
- 5 – 6 Step Right forward. Pivot 1/4 turn Left.
- 7&8 Kick Right forward. Step Right beside Left. Step Left forward (9.00).

Enjoy!

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