

Cradle

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Marie Sørensen (TUR) & Søren Kristensen (DK) - September 2011
音乐: Cradle - Atomic Kitten



Intro: 16 Counts

Nightclub Basic Right, Vine with Cross, Nightclub Basic Left, Vine with Cross

1-2& Step Right to Right, Close Left behind Right, Cross Right over Left
3&4& Step Left to Left, Step Right behind Left, Step Left to Left, Cross Right over Left
5-6& Step Left to Left, Close Right behind Left, Cross Left over Right
7&8& Step Right to Right, Step Left behind Right, Step Right to Right, Cross Left over Right (12:00)

Rock, Recover, ¼ Turn Right, Cross Rock, Recover, Side, Cross, Lock Step, Rock, Recover, Step Back Right, Left

1-2& Rock fwd. Right, recover, ¼ turn Right, step Right to Right side (03:00)
3&4& Cross rock Left, recover, step Left to Left side, step Right diagonal fwd. in front of Left (01:30)
5&6 Step Left diagonal fwd. step Right beside Left, step Left diagonal fwd.
7&8& Rock, fwd. Right, recover, step back Right, step back Left (01:30)

1/8 turn Nightclub Basic, ¼ turn Left, Step ½ Turn Step Right, Rock Left fwd, Recover, Together, Lock step Right fwd.

1-2& 1/8 turn Right into a basic nightclub step, Close Left behind Right, Cross Right over Left (3:00)
3&4& ¼ turn Left stepping Left fwd (12:00), Step Right fwd, ½ Left stepping onto Left, Step Right fwd (6:00)
5-6& Rock Left Fwd, Recover onto Right, Step Left beside Right
7&8 Step Right Fwd, Lock Left behind Right, Step Right Fwd. (06:00)

Cross Rock, Recover, Side, Cross Rock, Recover, ¼ Turn Right, Sway Left, Right, Left, Run, Run

1-2& Cross rock Left in front of Right, recover, step Left to Left side (06:00)
3-4& Rock fwd. Right, recover, ¼ turn Right, step Right to Right side (09:00)
5-6-7 Sway Left, Right, Left
8& Run fwd. Right, Left (09:00)

Restarts: During walls 2 & 5 & 8 after 16 Counts.

No. 1 – Wall 2 starts at 09:00, after 16 Counts adjust to 09:00 again and restart the dance

No. 2 – Wall 5 starts at 03:00, after 16 Counts adjust to 03:00 again and restart the dance

No. 3 – Wall 8 starts at 09:00, after 16 Counts adjust to 09:00 – Sway Right, Left:- and restart the dance from the beginning after 18 Counts

Have Fun!