

Springsteen

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gail Smith (USA) - September 2011
音乐: Springsteen - Eric Church : (Album: Chief)



INTRO: 16 Counts

WALKS, HEEL SWITCHES, BALL, WALK, WALK, HEEL SWITCHES

1 - 2 Step right forward, step left forward
3 & 4 Tap right heel forward, step right next to left, tap left heel forward
& 5 - 6 Step left next to right, step right forward, Step left forward
7 & 8 Tap right heel forward, step right next to left, tap left heel forward 12:00

FORWARD ROCK, RECOVER, SHUFFLE BACKWARD, BACKWARD WALKS, COASTER CROSS

& 1 - 2 Step left next to right, rock right forward, recover on left
3 & 4 Step right back, step left together, step right back
5 - 6 Step left back, step right back (option - full turn left)
7 & 8 Step left back, step right together, step left across right (body is angled right) 1:00

KICK-BALL-CROSSES, SIDE ROCK, RECOVER, CROSSING SHUFFLE

1 & 2 Kick right forward, step right slightly back, step left across right
3 & 4 Kick right forward, step right slightly back, step left across right
5 - 6 Rock right out to side, recover to left
7 & 8 Step right across left, step left slightly to side, step right across left (body is angled left) 11:00

KICK-BALL-CROSSES, SIDE ROCK, 1/4 RECOVER, SHUFFLE FORWARD

1 & 2 Kick left forward, step left slightly back, step right across left
3 & 4 Kick left forward, step left slightly back, step right across left
5 - 6 Rock left out to side, turn 1/4 right and step right forward
7 & 8 Step left forward, step right together, step left forward 3:00

RESTART facing 3:00 on wall 5

STEP, POINT, ROCK, RECOVER, POINT, CROSS, POINT, ROCK, RECOVER, POINT

1 - 2 Step right forward, Touch left toe out to side
3 & 4 On ball of foot, - rock left crossed behind right, recover to right, touch left toe out to side
5 - 6 Step left across right, touch right toe out to side
7 & 8 On ball of foot - rock right crossed behind left, recover to left, touch right toe out to side **3:00

1 / 4 SAILOR TURN, 1/2 TURN PIVOT, SHUFFLE, FULL TURN (Option - Walk, Walk)

1 & 2 1/4 turn right as you bring right foot around & step behind left, step left to side, step right to side
3 - 4 Step left forward, pivot 1/2 turn right
5 & 6 Step left forward, step right together, step left forward
7 - 8 Turn 1/2 over left shoulder and step right back, turn another 1/2 and step left forward 12:00

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE

1 - 2 Rock right across left, recover on left
3 & 4 Step right to side, step left together, step right to side
5 - 6 Rock left across right, recover on right
7 & 8 Step left to side, step right together, turn 1/4 left and step left forward 9:00

RESTART facing 12:00 on walls 2, 4 & 6

PIVOT 1/4, CROSSING SHUFFLE, 3/4 TURN RIGHT, & SHUFFLE FORWARD

1 - 2 Step right forward, turn 1/4 left
3 & 4 Step right across left, step left slightly to side, step right across left
5 - 6 Turn 1/4 right step and left back ,turn 1/4 right and step right to side
7 & 8 Turn 1/4 right and step left forward, step right together, step left forward 3:00

REPEAT

****If you would like to end facing the front wall, replace Counts 39 & 40 with a 1/2 Sailor turn right**

BREAK DOWN ON THE WALLS & RESTARTS

Wall 1 - Start facing 12:00 and end on 3:00

**** Wall 2 - Start facing 3:00 and Restart on 12:00 (after cross rock, 1/4 shuffle - you are now facing 12:00 wall)**

Wall 3 - Start facing 12:00 and end on 3:00

****Wall 4 - Start facing 3:00 and Restart on 12:00 (after cross rock, 1/4 shuffle - you are now facing 12:00 wall)**

****Wall 5 - Start facing 12:00 and Restart on 3:00 (after the side-rock, 1/4 turn, shuffle forward - you are now facing 3:00 wall)**

****Wall 6 - Start facing 3:00 and Restart on 12:00 (after cross rock, 1/4 shuffle - you are now facing 12:00 wall)**

Wall 7 - Start facing 12:00 and end on 3:00

Wall 8 - Start facing 3:00, last wall, dance to end of music. Ending option below.

If you want to end facing the front wall - step, point, rock & point, cross point, 1/2 sailor turn right to finish on 12:00

This two wall dance uses the 12:00 & 3:00 walls. You will NEVER start the dance on the 6:00 or 9:00 walls.

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