

Laugh And Cry

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gaye Teather (UK) - May 2012
音乐: Laugh and Cry - Michael Learns to Rock : (CD: Michael Learns To Rock.)



8 count intro - Dance rotates in CCW direction

Step. Forward rock. Shuffle back. Quarter turn Right sway. Sway. Chasse Right

1 – 3 Step forward on Right. Rock forward on Left. Recover onto Right
4&5 Step back on Left. Step Right beside Left. Step back on Left
6 – 7 Quarter turn Right stepping Right to Right side and swaying hips Right. Sway Left (Facing 3 o'clock)
8&1 Step Right to Right side. Step Left beside Right. Step Right to Right side

Cross rock. Sailor quarter turn Left. Prissy walks forward x 2. Shuffle forward

2 – 3 Cross rock Left over Right. Recover onto Right
4&5 Quarter turn Left crossing Left behind Right. Step Right beside Left. Step forward on Left (Facing 12 o'clock)
6 – 7 Step Right forward and slightly across Left. Step Left forward and slightly across Right
8&1 Step forward on Right. Step Left beside Right.* Step forward on Right

***Restart here during wall 4 (the final step of the shuffle becomes step 1 of the dance) (Facing 3 o'clock)**

Step. Pivot quarter turn Right. Cross. Side. Behind. Quarter turn Right shuffle. Forward Mambo

2&3 Step forward on Left. Pivot quarter turn Right. Cross Left over Right
4 – 5 Step Right to Right side. Cross Left behind Right
6&7 Quarter turn Right stepping forward on Right. Step Left beside Right. Step forward on Right (Facing 6 o'clock)
8&1 Rock forward on Left. Recover onto Right. Step back on Left

Sweep back. Sweep. Back. Behind-side-cross. Side. Quarter turn Right. Step

&2 Sweep Right from front to back. Step back on Right
&3 Sweep Left from front to back. Step back on Left
4&5 Cross Right behind Left. Step Left to Left side. Cross Right over Left
6 – 8 Step Left to Left side. Quarter turn Right placing weight onto Right. Step forward on Left (Facing 9 o'clock)

Start again

****Tag: At the end of wall 7 (Facing 6 o'clock) add the following 4 counts and then start from beginning**

Right Rocking chair

1 – 4 Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left