

Follow Rivers

拍数: 32 墙数: 4 级数: Improver / Intermediate
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音乐: I Follow Rivers - Triggerfinger



Cha Side Steps R,L,R, Side L, Behind, 1/4 L With Lock On Balls Of Feet, Hold, Ball, Cross

1-2& Step Rf to R side, close Lf next to Rf, close Rf next to Lf
3-4& Step Lf to L side, cross Rf behind Lf, make a 1/4 turn L stepping forward on Lf
5-6 Lock Rf in front of Lf (on balls of feet), hold
&7 Small step R with Rf, cross Lf over Rf

Chasse R, Rock Forward, Recover, Step Side L, Anchor Step With Sweep, Hold, Ball, Cross,

8&1 Step Rf to R side, close Lf next to Rf, step Rf to R side
2&3 Rock forward onto Lf, recover onto Rf, step Lf to L side
4&5 Step back onto Rf, step forward onto Lf, change weight back onto Rf and sweep Lf from front to back making a 1/4 turn L
6&7 Hold (or continue to sweep foot), step back on Lf, cross Rf over Lf

Chasse L, Sway R, L, Chasse R With 1/4 Turn R, Pivot 1/2 Turn R, 1/2 Turn Shuffle Back

8&1 Step Lf to L side, close Rf next to Lf, step Lf to L side
2-3 Sway hips over to R, sway hips over to L
4&5 Step Rf to R side, close Lf next to Rf, make a 1/4 turn R and step forward onto Rf
6-7 Step forward Lf, make a 1/2 turn R (weight ends on Rf)

3/4 Turn R Into Mambo R, Mambo L, Rock Forward, Recover, Behind, 1/4 Turn L.

8&1 Make a 1/4 turn R and step Lf to L side, cross Rf over Lf making a 1/4 turn R, step back on Lf
2&3 Make a 1/4 turn R and rock Rf to R side, recover onto Lf, close Rf next to Lf
4&5 Rock Lf to L side, recover onto Rf, close Lf next to Rf
6-7 Rock forward on Rf, recover onto Lf
8& Cross Rf behind Lf, make a 1/4 turn L and step forward onto Lf

Start The Dances Again Stepping Rf To R Side On 1...

Enjoy this great music and feel free to whistle along!!!
