

Beer for Breakfast

拍数: 32 墙数: 2 级数: Improver
编舞者: Rich Firth (UK) - June 2012
音乐: Beer for Breakfast - JB and the Moonshine Band



Intro: 16 counts

Section 1: & heel & heel & kick-ball change, fwd rock, 1/2 turn shuffle

&1&2 Step L beside R(&), R heel fwd(1), step R beside L(&), L heel fwd(2)
&3&4 Step L beside R(&), kick R fwd(3), step R beside L(&), step L in place(4)
5-6 Rock fwd R(5), recover onto L(6)
7&8 1/2 turn shuffle stepping R(7) L(&) R(8) (6.00)

Section 2: 1/4 behind & 1/4 step pivot 1/2, 1/4 behind & 1/4 walk walk

1-2 Turn 1/4 R stepping L to L side (1), cross R behind L(2) (9.00)
&3-4 Turn 1/4 L stepping L fwd(&)(6.00) step fwd R(3) pivot 1/2 L(4) (12.00)
5-6 Turn 1/4 L stepping R to R side(5)(9.00) cross L behind R(6)
&7-8 Turn 1/4 R stepping R fwd(&)(12.00) walk fwd L(7) R(8)

Section 3: 1/2 turn shuffle, sailor x 2, full spin

1&2 1/2 turn shuffle stepping L(1) R(&) L(2) (6.00)
3&4 Step R behind L(3) step L to L side(&) step R next to L(4)
5&6 Step L behind R(5), step R to R side(&), step L next to R(6)
7-8 Full spin L stepping 1/2 R(7) 1/2 L(8) (6.00)

* (alternative - replace spin with 2 walks)

Section 4: R mambo step, L coaster step, step pivot 1/2, 1/2 turn shuffle

1&2 Rock R fwd(1) recover onto L(&), step R slightly back
3&4 Step back L(3) step R beside L(&) step L fwd(4)
5-6 Step R fwd(5) pivot 1/2 L(6) (12.00)
7&8 1/2 turn shuffle stepping R(7) L(&) R(8) (6.00)

Tag - At the end of walls 2 and 4

(6 counts) Coaster step, cross & heel & cross & heel

1&2 Step back on L(1) step R beside L(&) step forward L(2)
3&4& Cross R over L(3) step slightly back on L(&) dig R heel forward(4) step R to R side(&)
5&6 Cross L over R(5) step slightly back on R(&) dig L heel forward(4)