

Nice Long Break

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Vanessa H. - July 2012
音乐: One Way Ticket - Carrie Underwood



Right Lock Forward, Left Lock Forward, Jazz Box ¼ Turn Right, Step Touch Step Touch

1&2 step right forward, lock left behind right, step right forward
3&4 step left forward, lock right behind left, step left forward
5&6& cross right over left, step left back, turn ¼ turn right, touch left beside right
7&8& step left to side, touch right beside left, step right to side, touch left beside right (3:00)

Left Side Shuffle Back Rock And Recover, Right Side Shuffle Back Rock And Recover

1&2 step left to side, step right beside left, step left to side
3-4 rock right back, recover to left
5&6 step right to side, step left beside right, step right to side
7-8 rock left back, recover to right (3:00)

Step Forward, ½ Turn Right, Shuffle ½ Turn Right, Back Rock And Recover, Left ¼ Turn Vine, Touch

1-2 step left forward, ½ turn right (weight on right)
3&4 ½ turn right stepping back left, right, left
5-6 step right back, recover to left
7&8& step right forward making ¼ turn left, step left behind right, step right to side, touch left beside right (12:00)

Left Touch Forward And Step, Right Touch Forward And Step, Rocking Chair, ½ Turn Right, Step

1-2 touch left forward, step left forward
3-4 touch right forward, step right forward
5&6& step left forward, recover to right, step left back, recover to right
7&8 step left forward, ½ turn right (weight on right), step left beside right (6:00)

Right Step Cross Step Kick, Left Step Cross Step Kick, Forward Shuffle Right, Forward Shuffle Left

1&2& step right to side, cross left over right, step right to side, kick left diagonally forward
3&4& step left to side, cross right over left, step left to side, kick right diagonally forward
5&6 chasse diagonally forward right, left, right
7&8 chasse diagonally forward left, right, left (6:00)

Jazz Box ¼ Turn Right Touch, Left Side Mambo, Right Step, Sweep ¼ Turn Left, Coaster

1&2& cross right over left, step left back, turn ¼ turn right, touch left beside right
3&4 rock left to side, recover to right, step left beside right
5-6 step right to side, sweep left behind right making ¼ turn left
7&8 step left back, step right beside left, step left forward (6:00)
