

Both Sides Now

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Francien Sittrop (NL) - August 2012
音乐: Both Sides Now - Carly Rae Jepsen : (Album: Curiosity)



Intro: Start after 19 sec. , 40 count right from the beginning of the song

[1 – 9] Side, Cross Rock Recover, Chasse R, Cross Side , Sailor Step

1 – 3 Step L to L side, Rock R across L, Recover on L
4 & 5 Step R to R side, Step L next to R, Step R to R side
6 – 7 Step L across R, Step R to R side
8 & 1 Sweep L behind R, Step R to R side**R** Wall 4 , Step L to L side (12.00)

[10-17] ¼ Turn L step Side, Touch. Kick Ball Cross, Hip Sways, Chasse L

2 – 3 ¼ Turn L Step R to R side, Touch L next to R (Dip knees when you touch and raise when you do the kick Ball Cross (4&5)) (09.00)
4 & 5 Kick L fwd, Step L next to R, Step R across L
6 – 7 Step L to L side with hips sways, Sway Hip R
8 & 1 Step L to L side, Step R next to L**R**Wall 2 & 11, Step L to L side

[18-25] Hold, Together , Side, Sailor Cross ½ Turn R, Rolling Vine L into Chasse

2 & 3 Hold , Step R next L , Step L to L side
4 & 5 Step R behind L with ½ Turn R , Step L next to R , Step R across L (03.00)
6 – 7 ¼ Turn L step L Fwd, ½ Turn L step R Back
8 & 1 ¼ L Step L to L side, Step R next to L , Step L to L side (03.00)

[26-32] Cross Back, Chasse R , Cross Rock Recover, Sailor Step

2 – 3 Step R across L, Step L back
4 & 5 Step R to R side Step L next to R, Step R to R side
6 – 7 Rock L across R, Recover on R
8 & 1 Sweep L behind R , Step R next to L , Step L to L side

(1 is first Count of the dance again)

**Restarts: During walls 2 & 11
After count 16 Start again with count 1**

**Restart : During wall 4
After count 8& then start again with count 1**

Ending:

The music slows down at the end of the song. Do the whole wall until count 31. Then make the last Sailor Step with a ½ turn L to face the front wall again.

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