

My Last Day

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Roz Chaplin (UK) & Lorna Mursell (UK) - October 2012
音乐: Til My Last Day - Justin Moore : (CD: Loud Tronix)



32 Count Intro

WALK, WALK, SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP

1-2 Walk forward right, walk forward left
3&4 Step forward right, close left beside right, step forward right
5-6 Rock forward on left, recover onto right
7&8 Step back on left, step right beside left, step forward on left

CHASSE RIGHT, BACK ROCK, GRAPEVINE LEFT ¼ TURN

1&2 Step right to right side, close left beside right, step right to right side
3-4 Rock back on left, recover on right
5-6 Step left to left side, step right behind left
7-8 Make ¼ turn left stepping onto left, scuff right beside left (9)

RIGHT HEEL DIG X2, COASTER STEP, LEFT HEEL DIG, COASTER STEP

1-2 Tap right heel forward twice
3&4 Step right back, step left beside right, step right foot forward
5-6 Tap left heel forward twice
7&8 Step left back, step right beside left, step left forward

FORWARD RIGHT, ¼ LEFT, CROSS SHUFFLE, LEFT SIDE ROCK, BEHIND SIDE CROSS

1-2 Step forward on right, turn ¼ left stepping onto left (6)
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover weight to right
7&8 Cross left behind right, step right to right side, cross left over right

SIDE, TOGETHER, SHUFFLE FORWARD, SIDE TOGETHER, SHUFFLE BACK

1-2 Step right to right side, close left beside right
3&4 Step forward right, close left beside right, step forward right
5-6 Step left to left side, close right beside left
7&8 Step back left, close right beside left, step back on left

SHUFFLE BACK, BACK ROCK, RECOVER, SHUFFLE FORWARD, KICKBALL CHANGE

1&2 Step back right, close left beside right, step back on right
3-4 Rock back on left, recover on to right
5&6 Step forward left, close right beside left, step forward left
7&8 Kick right foot forward, step right beside left, step left beside right

FORWARD ROCK, COASTER STEP, FORWARD ROCK, ¼ SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Step back on right, step left beside right, step forward on right
5-6 Rock forward on left, recover onto right
7&8 ¼ shuffle turn stepping – left right, left (3)

KICK, KICK, SAILOR STEP TWICE

1-2 Kick right foot forward, kick right foot to right side
3&4 Cross right behind left, step left to left side, step right to right side

5-6

Kick left foot forward, kick left foot to left side

7&8

Cross left behind right, step right to right side, step left to left side
