

Love Is The Foundation

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Love Is the Foundation - Heidi Hauge



Start on vocal

Side rock, Cross & Cross, Side rock, Behind 1/4 turn right, Step.

- 1 RF rock to the side
- 2 Rock back on LF
- 3 RF cross over LF
- & LF step to the side
- 4 RF cross over LF
- 5 LF rock to the side
- 6 Rock back on RF
- 7 LF cross behind RF
- & RF 1/4 turn right step forward
- 8 LF step forward

Rock step, Sweep, Sweep, Back rock, Shuffle.

- 1 RF rock forward
- 2 Rock back on LF
- 3 RF sweep backwards step backwards
- 4 LF sweep backwards step backwards
- 5 RF rock backwards
- 6 Rock back on LF
- 7 RF step forward
- & LF step next to RF
- 8 RF step forward

Pivot 1/2 turn right, Shuffle turn, Back rock, Pivot 1/4 turn left.

- 1 LF step forward
- 2 LF + RF 1/2 turn right
- 3 LF 1/4 turn right step to the side
- & RF step next to LF
- 4 LF 1/4 turn right step forward
- 5 RF rock backwards
- 6 Rock back LF
- 7 RF step forward
- 8 RF + LF 1/4 turn left

Cross & Cross, 1/4 turn right, 1/4 turn right, Cross & Cross, side rock.

- 1 RF cross over LF
- & LF step to the side
- 2 RF cross over LF
- 3 LF 1/4 turn right step backwards
- 4 RF 1/4 turn right step to the side
- 5 LF cross over RF
- & RF step to the side
- 6 LF cross over RF
- 7 RF rock to the side
- 8 Rock back on LF

Rock step, Triple step 3/4 turn right, Rock step, Triple step 1/2 turn left.

- 1 RF rock forward
- 2 Rock back on LF
- 3 RF step in place 1/4 turn right
- & LF step in place 1/4 turn right
- 4 RF step in place 1/4 turn right
- 5 LF rock forward
- 6 Rock back on RF
- 7 LF step in place 1/4 turn left
- & RF step next to LF
- 8 LF step in place 1/4 turn left

Prissy step, Prissy step, Rock step, Coaster step, Pivot 1/2 turn right.

- 1 RF Cross over LF
- 2 LF cross over RF
- 3 RF rock forward
- 4 Rock back on LF
- 5 RF step backwards
- & LF step next to RF
- 6 RF step forward
- 7 LF step forward
- 8 LF + RF 1/2 turn right

Shuffle turn right, Back rock, Side step together, Shuffle.

- 1 LF 1/4 turn right step to the side
- & RF step next to LF
- 2 LF step 1/4 turn right step forward
- 3 RF rock backwards
- 4 Rock back on :F
- 5 RF step to the side
- 6 LF step next to RF
- 7 RF step forward
- & LF step next to RF
- 8 RF step forward

Side step together, Shuffle, Back rock, Prissy walk, Prissy walk.

- 1 LF step to the side
- 2 RF step next to Rf
- 3 LF step backwards
- & RF step next to LF
- 4 LF step backwards
- 5 RF rock backwards
- 6 Rock back on LF
- 7 RF cross over LF
- 8 LF cross over RF

START AGAIN

TAG: After wall 2 Side rock cross & cross 2x

- 1 RF rock to the side
- 2 Rock back on LF
- 3 RF cross over LF
- & LF step to the side
- 4 RF cross over LF

- 5 LF rock to the side
- 6 Rock back on RF
- 7 LF cross over RF
- & RF step to the side
- 8 LF cross over RF

And start again

Ending: Dance wall 4 till count 6 and make 1/4 turn right, 1/2 turn right, step forward

HAVE FUN
