Along The Journey



拍数: 32 墙数: 4 级数: Easy Beginner

编舞者: Mary Frances Chua (MY) - December 2012

音乐: Along the Journey - Gt Lim: (Album: All These Years)



Sequence: 32/32/32/20/32/32+4 (short TAG)/32/20/32/32/24

NOTE: Credits & Thanks to GT Lim for the inspiring lyrics and music of "Along The Journey".

Intro: Omit counting first 16 counts of music. For the next 16 counts of heavy beats, hip sway two rounds of R-R-L-R-R-L.

S1: Double Forward Step, Step, Forward Shuffle

1-2	Small fwd step on R-L
3&4	Small fwd shuffle on R-L-R
5-6	Small fwd step on L-R
7&8	Small fwd shuffle on L-R-L

S2: Quarter Right Turn Shuffle, Left Side Shuffle, Quarter Right Turn Shuffle, Left Coaster Step

1&2 ¼ right turning shuffle on R-L-R [3.00]

3&4 Left side shuffle on L-R-L

5&6 ¼ right turning shuffle on R-L-R [6.00] 7&8 L step back, R together, L step fwd

S3: Quarter Right Turn Jazz Box Cross, Rocking Chair

1 2 R step over L, L step back

R ¼ right turn step fwd, L cross over R [9.00]

RESTART 1 (Wall 4) RESTART 2 (Wall 8) 5 6 Rock fwd on R, recover on L 7 8 Rock back on R, recover on L

S4: Twice Step Touch, Hip Sway

1-4 R step to right side, L touch beside R, L step to left side, R touch beside L

5-8 Hip sway R-L-R-L

TAG: After Wall 6 facing 6.00, add a quick hip sway (count 1& 2&) on R-L-R-L

END: After Section 3 of Last Wall, quarter left turn to face 12.00 with R step to side, touch L beside R and pose with weight on right.

Contact: -

maryfrances.ccrmmcc@gmail.com http://www.youtube.com/user/mfchuabb http://maryfrancesbb88.wordpress.com/