

Aw Naw

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Aw Naw - Chris Young



Walk R, L, Anchor step, Back, Back, Sailor 1/2 L (finishing in Check Position).

1-2 Step forward on Rf, step forward on Lf
3&4 Step Rf behind Lf, change weight onto Lf, change weight onto Rf
5-6 Step diagonally back on Lf, step diagonally back on Rf (5-6 bending and pointing knees out)
7&8 Make a 1/4 turn L crossing Lf behind Rf, make a 1/4 turn L stepping Rf to R side, step forward on Lf (finishing in a check position)

1/2 turn R, 3/4 turn R with sweep, Behind, Side, Cross, Rock L, Recover, Behind, Side, Cross.

1-2 Make a 1/2 turn R and step forward on Rf, make a 1/2 turn R closing Lf next to Rf sweeping Rf around.
3&4 Continue sweeping Rf around making a 1/4 turn R and cross Rf behind Lf, step Lf to L side, cross Rf over Lf
5-6 Rock Lf to L side, recover onto Rf
7&8 Cross Lf behind Rf, step Rf to R side, cross Lf over Rf

Jump In, Out, Hips L, R, R Sailor step, Cross, 1/4 turn R.

&1 Jump closing both feet together, jump both feet apart
2&3& Sway or Roll hips to L, recover to centre, sway or roll hips to R, recover to centre (2&3& should be danced as a smooth grind of the hips)
4&5 Step Rf behind Lf, close Lf next to Rf, step Rf to R side (Body to finish facing R diagonal)
6-7 Cross Lf over Rf, make a 1/4 turn L stepping back on Rf

3/4 triple turn L, Rock R, Recover, Close, Touch Lf front, Side, Sailor 1/4 turn L.

8&1 Make a 1/4 turn L and step Lf to L side, make a 1/4 turn L closing Rf next to Lf, make a 1/4 turn L and cross Lf over Rf
2-3-4 Rock Rf to R side, recover onto Lf, step Rf next to Lf
5-6 Touch L toe forward, touch Lf to L side
7&8 Make a 1/4 turn L stepping Lf behind Rf, close Rf next to Lf, step forward on Lf

Walk R, L, R shuffle forward, 1/2 turn Pivot R, Shuffle 1/2 turn R (or 1 and 1/2 turn R)

1-2 Step forward on Rf, step forward on Lf
3&4 Step forward on Rf, close Lf behind Rf, step forward on Rf
5-6 Step forward on Lf, make a 1/2 pivot turn R
7&8 Making 1/4 turn R step Lf to L side, close Rf next to Lf making a 1/4 turn R, step back on Lf

Back rock R, Recover, R Shuffle forward, Kick, close, Rock R, Recover, Cross, Rock, Recover, Step.

1-2 Rock back on Rf, recover onto Lf
3&4 Step forward on Rf, close Lf behind Rf, step forward on Rf
5&6& Kick Lf forward, step down onto Lf, Rock Rf to R side, recover onto Lf
7&8& Cross Rf over Lf, Rock Lf to L side, recover onto Rf, step forward on Lf