

Navigation

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Matthew Pendleton (USA) & Brandon Zahorsky (USA) - December 2013
音乐: Compass - Lady A : (iTunes)



[1-8] WALK, WALK, MAMBO FORWARD, BACK ½ TURN, SHUFFLE FORWARD

1-2 Walk Forward Right, Walk forward Left
3&4 Rock Forward onto Right, Recover back on Left, Step back onto Right
5-6 Step Back onto Left, Step forward Right making ½ turn over Right shoulder
7&8 Shuffle forward Left, Right, Left

[9-16] 2X SCISSOR STEPS, ¼ TURN, ½ TURN, SHUFFLE FORWARD

1&2 Rock Right to side, Recover onto Left, Cross Right over Left
3&4 Rock Left to side, Recover onto Right, Cross Left over Right
5-6 Step back ¼ turn onto Right, Step forward ½ turn over Left shoulder onto Left
7&8 Shuffle Forward Right, Left, Right

[17-24] ROCK RECOVER, COASTER STEP, WALK, WALK, RUN X3

1-2 Rock forward onto Left Recover Right
3&4 Step back Left, Step Right next to Left, Step forward Left
****Restart here on wall 5 (9:00)****
5-6 Walk forward Right, Left
7&8 "Run" Forward Right, Left, Right

[25-32] ROCK RECOVER, 2X HALF TURNING SHUFFLES, COASTER STEP

1-2 Rock forward Left, Recover Right
3&4 Making a ½ turn over your Left shoulder, shuffle forward Left, Right, Left
5&6 Making a ½ turn to the Left shoulder, Shuffle back Right, Left, Right
7&8 Step Back onto Left, Step Right next to Left, Step forward onto Left

[33-40] SIDE BEHIND SIDE CROSS KICK, BEHIND 1/4 TURN, STEP 1/2 TURN PIVOT

1-2&3 Step Right to side, step Left behind Right, step Right to side, cross Left over Right
4 Kick Right diagonal
5-6 Step Right behind Left, step forward on Left making a 1/4 Left
7-8 Step forward on Right, pivot 1/2 turn over L shoulder

[41-48] SIDE BEHIND SIDE CROSS KICK, BEHIND 1/4 TURN, STEP 1/2 TURN PIVOT

1-2&3 Step Right to side, step Left behind Right, step Right to side, cross Left over Right
4 Kick Right diagonal
5-6 Step Right behind Left, step forward on Left making a 1/4 Left
7-8 Step forward on Right, pivot 1/2 turn over L shoulder

REPEAT

**** On the 5th rotation dance up to count 20 and Restart the dance again (9:00)****

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