Mile Shy of Paradise

拍数: 64

级数: Improver

编舞者: Gaye Teather (UK) - March 2014

音乐: Anything for Love - James House : (CD: Days Gone By)

32 count intro - Dance rotates in CCW direction

Right side rock. Back rock. Right Scissor step. Hold

- Rock Right to Right side. Recover onto Left. Rock back Right behind Left. Recover onto Left 1 - 4
- 5 8 Step Right to Right side. Step Left beside Right. Cross Right over Left. Hold

Left side rock. Back rock. Side rock. Quarter turn Right. Step. Hold

- Rock Left to Left side. Recover onto Right. Rock back Left behind Right. Recover onto Right 1 - 4
- 5 6Rock Left to Left side. Recover onto Right making quarter turn Right (Facing 3 o'clock)
- 7 8 Step forward on Left. Hold

Step. Hold. Run. Run. Step. Hitch. Back. Together

1 - 4Step forward on Right. Hold. Run forward Left. Right (small steps travelling slightly forward) Option: Dip knees slightly during running steps forward

5 – 8 Step forward on Left. Hitch Right. Step back on Right. Step Left beside Right (weight on Left) *Restart from beginning at this point during wall 6 facing 3 o'clock

Forward rock. Half turn Right. Hold. Step. Pivot guarter turn Right. Cross. Hold

1 - 4Rock forward on Right. Recover onto Left. Half turn Right stepping forward on Right. Hold 5 – 8 Step forward on Left. Pivot quarter turn Right. Cross Left over Right. Hold (Facing 12 o'clock) *Restart from beginning at this point during wall 3 facing 6 o'clock

Right Rumba box

1 - 4Step Right to Right side. Step Left beside Right. Step forward on Right. Hold

5 – 8 Step Left to Left side. Step Right beside Left. Step back on Left. Hold

Reverse Rumba box

- 1 4Step Right to Right side. Step Left beside Right. Step back on Right. Hold
- 5 8 Step Left to Left side. Step Right beside Left. Step forward on Left. Hold

Step. Pivot guarter turn Left. Weave Left (6 count weave)

- Step forward on Right. Pivot guarter turn Left. Cross Right over Left. Step Left to Left side 1 - 4(Facing 9 o'clock)
- 5 8Cross Right behind Left. Step Left to Left side. Cross Right over Left. Step Left to Left side

Back rock, Side, Hold, Behind, Side, Cross, Hold

- 1 4Rock back Right behind Left. Recover onto Left. Step Right to Right side. Hold
- 5 8 Cross Left behind Right. Step Right to Right side. Cross Left over Right. Hold

Start again

Ending: Music ends on count 3 of section 4. You will be facing front on step 2 so just step back on Right instead of turning on count 3 to remain on the front wall

Last Update - 31st March 2014





墙数:4