

This Town

拍数: 64 墙数: 4 级数: Improver
编舞者: Jane Carstairs (UK) - May 2014
音乐: This Town (feat. Clare Bowen & Charles Esten) - Nashville Cast : (Album:
Nashville Soundtrack)



[1 – 8] Step sweep forward, weave, sweep back, behind, side

1,2-3,4 Step right in front of left, sweep left from behind and cross over right, step right to right side
5-6,7,8 Step left behind right, sweep right from front to back behind left, step left to side

[9 – 16] Slow cross rock recover, side x2

1-2,3,4 Slow cross rock right in front of left, recover onto left, step right to right side
5-6,7,8 Slow cross rock left in front of right, recover onto left, step left to left side

[17 – 23] Cross unwind $\frac{3}{4}$, mambo $\frac{1}{2}$, coaster

1-2,3,4 Cross right over left and unwind $\frac{3}{4}$ turn left, taking weight onto right, rock back on left
5,6,7,8 recover onto right making $\frac{1}{2}$ right, step right back, step left next to right, hold

[25 – 32] Mambo, sweep back right left

1,2,3-4 step right forward, rock forward on left, recover onto right, step back on left, hold
5-6,7-8 Sweep right back, Sweep left back behind right,

[33 – 40] Rock recover, Grapevine left

1,2,3,4 rock back on left, recover onto right, Step left to left side, hold
5,6,7,8 step right behind left, rock left to side, cross right over left, hold

[41 – 48] Rock & cross, $\frac{1}{4}$, $\frac{1}{4}$, cross

1,2,3,4 rock left to side, recover onto right, cross left over right hold
5,6,7,8 Step right to side making $\frac{1}{4}$ turn left, step left to side making $\frac{1}{4}$ turn, cross right over left hold

[49 – 56] Rock and cross x2

1,2,3,4 Rock left to side recover onto right, cross left over right, hold
5,6,7,8 rock right to side recover onto left, cross right over left, hold

[57-64] Lock back, hold, rock back recover, full turn

1,2,3,4 step left back, step right in front of left, step back left, hold
5,6,7,8 rock back right recover onto left, step forward right making $\frac{1}{2}$ turn left, step left making $\frac{1}{2}$ turn left

Restart Wall 2, dance up to count 56, left ball step to take you into step one of new wall

Restart Wall 4, dance to count 48, left ball step to take you into step one of new wall

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