

For The Stride

拍数: 48 墙数: 4 级数: Improver
编舞者: Jonathan Williamson (UK) - July 2014
音乐: Push for the Stride - Ward Thomas : (Album: Where we Stand)



Start Dance: Count 8 (7 seconds) from beginning of track

WALK, WALK, ROCKING CHAIR & WALK, WALK, KICK BALL CROSS

1-2 Walk forward right, left
&3&4 Rock forward right, recover weight back on left, rock back right, recover weight forward on left
5-6 Walk forward right, left
7&8 Kick right forward, step right besides left, cross right over left

OUT, IN, OUT, BEHIND SIDE CROSS, CHASSE ¼ TURN, STEP, ½ PIVOT, STEP

1&2 Point right to right side, touch right besides left, point right to right side
3&4 Step right behind left, step left to left side, cross right over left
5&6 Step left to left side, step right besides left, ¼ turn left stepping forward left
7&8 Step forward right, ½ pivot left, step forward right

SIDE, TOGETHER, ¼ STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-2 Step left to left side, step right besides left
3-4 ¼ turn stepping forward left, touch right besides left
5-6 Step right to right side, touch left besides right
7-8 Step left to left side, touch right besides left

SIDE, TOGETHER, BACK, KICK, BACK, LOCK, BACK, KICK

1-2 Step right to right side, step left besides right
3-4 Step back on right, kick left forward
5-6 Step back left, lock right across left
7-8 Step back left, kick right forward

JAZZ BOX, CROSS, CHASSE ¼ TURN, STEP, ½ PIVOT, STEP

1-2 Cross right over left, step back left
3-4 Step right to right side, cross left over right
5&6 Step right to right side, step left besides right, ¼ turn right stepping forward right
7&8 Step forward left, pivot ½ turn right, step forward left

MAMBO, COASTER STEP, SAILOR STEP, SAILOR STEP

1&2 Rock forward right, recover weight back on left, step right besides left
3&4 Step back left, step right besides left, step forward left
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

Tag at the end of wall 2:

SIDE, TOGETHER, BACK, TOUCH, SIDE, TOGETHER, FORWARD, HOLD

1-2 Step right to right side, step left besides right
3-4 Step back right, touch left besides right
5-6 Step left to left side, step right besides left
7-8 Step forward left, hold