

Free

拍数: 32 墙数: 2 级数: Beginner
编舞者: Annie Saerens (BEL) - September 2014
音乐: Free - Plan B



Intro: 64 counts

CROSS SIDE, SAILOR SHUFFLE, CROSS, SIDE, ¼ TURN COASTER (TOASTER) STEP

1-2-3&4 Cross R over L, step L side, cross R behind L, step L side, step R side
5-6-7&8 Cross L over R, step R side, ¼ turn L step back, together with R, step L forward

ROCKING CHAIR, SHUFFLE, SHUFFLE ½ TURN

1-2-3-4 Rock R forward, recover onto L, rock R back, recover onto L
5&6-7&8 Step R forward, together with L, step R forward, ¼ turn right stepping L side, together with R,
¼ turn right stepping L back

ROCK STEP, KICK BALL CROSS, SIDE STEP, TOUCH, SIDE STEP, TOUCH

1-2-3&4 Rock R back, recover onto L, kick R forward, step R next L, cross over with L
5-6-7-8 Step R side, touch L together, step L side, touch R together

SHUFFLE, ¼ PIVOT TURN, CROSS SHUFFLE, SIDE STEP, TOGETHER

1&2-3-4 Step R forward, together with L, step R forward, step L forward, ¼ turn right,
5&6-7-8 cross L over R, step R side, cross L over R, R step side, together with L

Restart

Contact - E-mail: annie.saerens@countryplanet.be
