After The Storm



拍數: 32 **牆數:** 1 **級數:** Beginner

編舞者: Annie Saerens (BEL) - November 2014

音樂: Calm After the Storm - The Common Linnets



KICK BALL STEP, STEP, TOUCH, SHUFFLE, STEP, TOUCH

1&2	Kick P forward	step R next to L	eten I forward
IQZ	NICK R TOTWATO.	. Sted R next to L	. Steb L forward

3-4 Step R forward, touch L behind R

5&6 Step L back, step R next to R, step L back

7-8 Step R back, touch L in front of R

FWD STEP, SIDE TOUCH, FWD STEP, SIDE TOUCH, 1/4 TURN JAZZ BOX TOUCH

1-2	Step L forward, touch R to side,
3-4	Step R forward, touch L to side

5-6 Cross over with L, ¼ turn L stepping back with R

7-8 Step L to side, touch R next to L

CHASSE, ROCK STEP, KICK BALL CROSS, SIDE ROCK STEP

1&2	Step R to side.	step L next R.	step R to side

3-4 Rock L back, recover onto R

5&6 Kick L diagonal forward, step L next to R, cross over with R

7-8 Rock L to side, recover onto R

L SAILOR, R SAILOR ¼ TURN, FWD STEP, ½ TURN PIVOT, BACK ROCK STEP

1&2	Cross	hehind	with I	step R t	to side	sten l	to side
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3&4 Cross behind with R, step L back making ¼ turn R, step R forward

5-6 Step L forward, make ½ turn R (weight is on L)

7-8 Rock back with R, recover onto L

Repeat

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Last Update - 7th Nov 2014