

Be Your Soldier

拍數: 32 牆數: 2 級數: Improver
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音樂: Soldier - Kevin Walker : (CD: Belong - iTunes)



Intro: 12 counts

Section 1: □ Step cross, rock-recover, behind-side-cross, rock-recover, cross shuffle

- 1-2-3 Step right foot across in front of left foot, rock step left to left side, recover weight onto right foot
4 & 5 Step left foot behind of right, step right to right side, step left across in front of right foot
6 – 7 Rock step right to right side, recover weight onto left foot
8 & 1 Step right foot across in front of left, step left to left side, step right foot across in front of left

Section 2: □ Rock-recover, ¼ turn left sailor step, skate x 2, step-lock-step

- 2 – 3 Rock step left to left side, recover weight onto right foot
4 & 5 Sweep left foot from side to back and turn ¼ left stepping left behind right, step right small step to right side, step left small step forward (9:00)
6 – 7 Skate with right foot forward, skate with left foot forward
8 & 1 Step right foot forward, lock step left behind right, step right foot forward

Section 3: □ Rock forward-recover, shuffle ½ turn left, rock-recover, chasse ¼ turn right

- 2 – 3 Rock forward on left foot, recover weight onto right foot
4 & 5 Turn ¼ left stepping left to left side, step right next to left, turn ¼ left stepping forward on left foot (3:00)
6 – 7 Rock step right foot forward, recover weight onto left foot
8 & 1 Turn ¼ right step right to right side, step left next to right, step right foot to right side (6:00)

Section 4: □ Syncopated jazz box cross, step side left, rock-recover, scissors step

- 2 Step left foot across in front of right
3 & 4 Step back on right foot, step left foot to left side, step right foot across in front of left
5-6-7 Step left foot to left side, rock step right foot back slightly behind left, recover weight onto left foot
8 & Step right foot to right side, step left foot next to right,

RESTART and ENJOY!
