A Gust of Wind

拍數: 32

級數: Beginner

編舞者: Bobbey Willson (USA) - June 2015

音樂: Gust of Wind - Pharrell Williams

Begin at beat 5 or with Lyrics (long intro)

Step Step Hip Bumps RLR, Turning Steps, Hip Bumps LRL

- 123&4 Step fwd R, step fwd L, Step fwd R w/ hip, hip to left, hip to right
- 56 Step fwd L w/ 1/4 turn right, step back R w/ 1/4 turn right
- 7&8 Step fwd L w/ hip, hip to right, hip to left

Shuffle Steps RLR, Step Turn, L Cross Shuffles, Step Turn

- 1&2 Step fwd R, step L behind R, step fwd R
- 34 Step fwd L, Turn 1/4 right and step back R
- 5&6 Cross L over R, step R behind L, cross L over R
- Step R to right, Turn 1/4 left and step back L 78

R Rock-Rec Coaster, Step Turn 1/4, Step Turn 1/2

- 123&4 Rock fwd R, Recover on L, Step back R, Step L to R, Step fwd R
- 56 Step fwd L, Turn 1/4 left and step back R
- 78 Step fwd L, Turn 1/2 left and step back R

L Rocking Chair Step, Cross Step Rock-Rec Scuff

- 123&4 Rock back L, Recover on R, Rock fwd L, Recover on R, Rock back L
- 567&8 Cross R over L, Step L to left, Rock back R, Step L, Scuff R fwd

Note: This dance flows better than the original - especially for those who have trouble with turns...

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. willbeys@aol.com http://bobbeywillson.weebly.com





牆數: 4