

On the Waves

拍數: 32 牆數: 2 級數: Beginner
編舞者: Audrey Watson (SCO) - July 2015
音樂: Walking On the Waves - Shane Owens : (iTunes)



Intro: 22 Counts

Choreographed as a floor split with my Improver dance Walking on the wave

S1 Walk, Walk, Kick Ball Step, Fwd Rock, Back Shuffle.

1-2 Walk fwd on right, walk fwd on left.
3&4 Kick right foot fwd, step down on ball of right, step fwd on left.
5-6 Rock fwd on right, recover back on left.
7&8 Step back on right, step left next right, step back on right.

S2 Walk Back, Back, Coaster Cross, Side Rock, Cross Shuffle.

1-2 Walk back on left, walk back on right.
3&4 Step back on left, step right next left, cross left over right.
5-6 Rock right to right side, recover on left.
7&8 Cross right over left, step left to left side, cross right over left.

S3 Side Rock, Sailor ¼ Turn, Pivot ¼ , Cross Shuffle.

1-2 Rock left to left side, recover weight on right.
3&4 Turning ¼ left stepping left behind right, step right to right side, step left to left side.
5-6 Step fwd on right, pivot ¼ left. Restart the dance here during walls 4 & 8
7&8 Cross right over left, step left to left side, cross right over left.

S4 Side Rock & Side Together, Rocking Chair.

1-2& Rock left to left side, recover weight on right, step left next right.
3-4 Step right to right side, step left next right.
5-6 Rock fwd on right, recover back on left.
7-8 Rock Back on right, recover fwd on left.

Start Again.

Contact: www.audrey-watson.co.uk

Last Update - 23rd Feb. 2016