

State Of Nation

拍數: 64 牆數: 4 級數: Easy Intermediate
 編舞者: Kenny Teh (MY) & Winston Yew (SG) - August 2015
 音樂: State Of Nation by Industry 【4:28】



Intro: 64 Counts 【00:32】

§1: □SKATE, SKATE, DIAG. FWD SHUFFLE, SKATE, SKATE, DIAG. FWD SHUFFLE

123&4 Skate fwd on R-L, shuffle diag. R fwd on R-L-R
 567&8 Skate fwd on L-R, shuffle diag. L fwd on L-R-L

§2: □½ L SHUFFLE, BACK ROCK, RECOVER, WALK WALK (OR FULL R FWD), FWD SHUFFLE

1&234 ¼ L step R to R, step L beside R, ¼ L step R back, rock L back, recover R 【6:00】
 56 Walk fwd on L-R (or harder option: full R fwd on L-R)
 7&8 Step L fwd, step R beside L, step L fwd

Restart here: on Wall 3 facing 12:00.

§3: □CROSS, SIDE, BEHIND, ¼ L FWD, FWD, PIVOT ½ L, FWD SHUFFLE

1234 Cross R over L, step L to L, cross R behind L, ¼ L step L fwd 【3:00】
 567&8 Step R fwd, pivot ½ L, step R fwd, step L beside R, step R fwd 【9:00】

§4: □FWD ROCK, RECOVER, COASTER STEP, KICK-BALL-FRONT, FWD, PIVOT ½ L

123&4 Rock L fwd, recover R, step L back, step R beside L, step L fwd
 5&678 Kick R fwd, step R beside L, step L fwd, step R fwd, pivot ½ L 【3:00】

Restart here: on Wall 5 facing 12:00.

§5: □SIDE, CLOSE TOUCH, SIDE, CLOSE TOUCH, WALK FWD x 4

1234 Step R to R, touch L beside R, step L to L, touch R beside L
 5678 Walk fwd R-L-R-L

§6: □SIDE ROCK, RECOVER, JAZZ BOX BACK, JAZZ BOX BACK

12345 Rock R to R, recover L, cross R over L, step L diag. back, step R diag. back
 678 Cross L over R, step R diag. back, step L diag. back

§7: □CROSS, SIDE, BEHIND, ¼ L, ¼ L SCUFF, SIDE, BEHIND, SWEEP/SWEEP BACK INTO FIG. 4 HITCH

12345 Cross R over L, step L to L, cross R behind L, ¼ L step L fwd, ¼ L scuff R fwd 【9:00】
 678 Step R to R, cross L behind R, sweep R back into a figure 4 hitch behind L knee

§8: □BEHIND, SIDE, CROSS SHUFFLE, SIDE SHUFFLE, BACK ROCK, RECOVER

123&4 Cross R behind L, step R to L, cross R over L, step L to L, cross R over L
 5&678 Step L to L, step R beside L, step L to L, rock R back, recover L

REPEAT!!