Little White Church



拍數: 32 牆數: 0 級數: High Beginner - Circle

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#16-count intro

Circle forms single file, everyone facing LOD (counterclockwise), weight on the L. One or more additional circles can be formed for very large groups. No hand holding or crossing of lines is required.

[1-8] HEEL, TOE, TRIPLE FORWARD; HEEL, TOE, TRIPLE FORWARD

1-2	Touch R heel forward, touch R toes back
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3&4 Step forward R, step L next to R, step forward R

5-6 Touch L heel forward, touch L toe back

7&8 Step forward L, step R next to L, step forward L

[9-16] ROCK, RECOVER, TRIPLE BACK, ROCK, RECOVER, TRIPLE FORWARD

1-2, 3&4	Rock forward onto R, recover weight to L; step back R, step L next to R, step back R
5-6, 7&8	Rock back onto L, recover weight to R, step forward L, step R next to L, step forward L

[17-24] TURN, SIDE, BEHIND, TURN, TOUCH OR HITCH, TURN, SIDE, BEHIND, TURN, TOUCH OR HITCH

Note: the following steps are a modified "Alabama vine"

0	0 1 1	4 1 / I	/
&	On pall of L.	turn 1/4 L	(everyone facing inside of circle)

1-2 Step R to side, step L behind

3-4 Turn ¼ R (everyone facing LOD), touch L home or optional small hitch with L.

& On ball of R, turn ¼ R (everyone facing outside of circle)

5-6 Step L to side, step R behind

7-8 Turn ¼ L stepping forward L (everyone facing LOD), touch R home or optional small hitch

with R

[25-32] ROCKING CHAIR, STEP, HITCH, STEP, HITCH

1-4 Rock forward onto R, recover weight to L; rock back onto R, recover weight to L*

5-8 Step forward R, hitch L; step forward L, hitch R

*Option:

1-4 Step forward R, turn ½ L (RLOD) taking weight onto L; repeat, ending facing LOD)

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