

Adventure of A Lifetime

COPPER **KNOB**
BYEPOSTETS

拍數: 32 牆數: 4 級數: Beginner - Non Country
編舞者: Fabien REGOLI (FR) - January 2016
音樂: Adventure of a Lifetime - Coldplay



SECTION 1 : Rock Step fwd right, Triple Step back, Rock Step back left, Triple Step fwd

1-2 Step forward to rest , back support left
3 & 4 Shuffle back (R/L/R)
5-6 bear left back , right back support
7 & 8 Shuffle forward (L/R/L)

SECTION 2 : Step fwd right, 1/4 Turn, Behind side cross, Rock side left, Behind side cross

1-2 Step forward , 1/4 Tour left
3 & 4 Cross right last left , left uncross left, cross right over left
5-6 left left side to rest , recover right support
7 & 8 Cross left behind right, uncross right to the right, cross left over right

SECTION 3 : Walk fwd right/left, Triple Step fwd, Rock Step fwd, Triple Step back

1-2 Walk Forward right / left
3 & 4 Shuffle forward (R/L/R)
5-6 Step forward to rest , recover right support
7 & 8 Shuffle back (L/R/L)

SECTION 4 : Walk back right / left, Coaster Step, Mambo side left cross, kick Ball change

1-2 Walk back right / left
3 & 4 Step right back , left beside right, step in front
5 & 6 Left on the left side to rest , recover onto right , cross left over right
7 & 8 Kick forward right, recover Baule right , left take support

KEEP SMILING AGAIN AND DANCE

THE WANTED COUNTRY DANCE

81 Bd Anatole of FORGE

Park the Margeray imm SEREN

13014 Marseille (FR)

Mail: thewantedcountrydance@sfr.fr