Sticks and Stones



編舞者: Frank Heelan (IRE) - January 2016

音樂: Words Can Break Your Heart - Don Henley



Section 1: Rock right Forward recover, shuffle back right. Rock left back recover, shuffle forward left.

1-2 Rock forward right, recover to left.

3&4 step back right, left together, back right.

5-6 Rock back left, recover to right.

7&8 Step left forward, right together, forward left.

Section 2: Rock right recover, sailor ¼ left. Rock left recover sailor ¼ left.

1-2 Rock right to right, recover to left.

3&4 Step right behind left, recover to left, turn ½ left stepping out on right.

5-6 Rock left to left recover to right.

7&8 Step left behind right, recover to right, Turn ¼ left stepping out on left.

Section 3: Right side behind, ball cross, side, left behind recover, chasse left.

1-2 Step right to side, step left behind.

&3-4 Step on ball of right, cross left over right, Step right to right.

5-6 Rock left behind, recover to right.7&8 Step left, right together step left.

Section 4: Right behind, unwind, shuffle ½ turn, right coaster step, step lock step.

1-2 Touch right toe behind unwind ½ turn right.

3&4 Turn ½ right stepping back left, step right Next to left, step back left.

5&6 Step right back, left together, forward right step left forward, lock right, left forward.

Tag and Restart: End of wall 3 dance first 8 counts and add 4 hip sways. R, L, R, L.

End of wall 6 & 7 add 4 hip sways R, L, R, L.

On wall 9 music fades a little for 8 beats just dance through in time.

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