

Follow The Sun

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Francien Sittrop (NL) - March 2016
音樂: Follow the Sun (Black Box Radio Edit) - Time Square & Xavier Rudd : (Album: Single)



Intro: Start after 16 counts from the beginning

[1 - 8] □ Prissy Walks fwd, Shuffle fwd, Rock step, Recover, Coaster cross

1 – 2 Step R across L, Step L across R
3 & 4 Step R fwd, Step L next to R, Step R fwd
5 – 6 Rock L fwd, Recover on R
7 & 8 Step L back, Step R next to L, Step L across R

[9-16] □ Rolling Vine, Side Shuffle, Cross Rock , Recover, Sailor step ¼ Turn L

1 – 2 ¼ Turn R step R fwd, ½ Turn R step L back
3 & 4 ¼ Turn R step R to R side, Step L next to R, Step R to R side
5 – 6 Rock L across R, Recover on R
7 & 8 Sweep L behind R with ¼ Turn L, Step R to R side, Step L fwd (09.00)

[17-24] □ Skates R – L , Shuffle fwd, Step fwd, Touch and Step, Scuff

1 – 2 Skate R fwd, Skate L fwd
3 & 4 Step R fwd, Step L next to R, Step R fwd
5-6& Step L fwd, Touch R next to L, Step R next to L
7 – 8 Step L fwd, Scuff R fwd

[25-32] □ Diag Steps with touch, Coaster Step

1 – 2 Step R Diagonally R fwd, Touch L next to R
3 – 4 Step L Diagonally L back, Touch R next to L
5 – 6 Step R Diagonally R back, Touch L next to R
7 & 8 Step L back, Step R next to L, Step L fwd **R**

[33-40] □ Side, Together , Shuffle fwd, Side , Together, Walks back L-R

1 – 2 Step R to R side, Step L next to R
3 & 4 Step R fwd, Step L next to R, Step R fwd
5 – 6 Step L to L side, Step R next to L
7 – 8 Step L back, Step R back

[40-48] □ Side rock , Recover, Sailor step, Sailor step ¼ R, Step fwd, Pivot ½ R

1 – 2 Rock L to L side, Recover on R
3 & 4 Sweep L behind R, Step R next to L, Step L to L side
5 & 6 Sweep R behind L with ¼ Turn R, Step L to L side, Step R fwd (12.00)
7 – 8 Step L fwd, Pivot ½ Turn R (06.00) **R**

[49-56] □ Step Fwd, Sweep, Step fwd, Sweep, Jazz Box ¼ Turn L □

1 – 2 Step L fwd, Sweep R fwd
3 – 4 Step R fwd, Sweep L fwd
5 – 8 Step L across R, Step R back, ¼ Turn L step L to L side, Step R fwd (03.00)

[57-64] □ L Heel fwd ,R Heel fwd, Back, Back, Step fwd, Pivot ½ R, Shuffle fwd

1 – 2 Step on L heel fwd, Step on R heel fwd (with toes up)
3 – 4 Step L back, Step R next to L
5 – 6 Step L fwd, Pivot ½ Turn R (09.00)

7 & 8

Step L fwd, Step R next to L , Step L fwd

Restarts:-

During wall 1 : After count 32, Start again with count 1

During wall 3 : After count 48, Add an & count step L next to R and start again with count 1

During wall 7 : After count 32, Start again with count 1 .

Ending: Wall 8 is the last wall (front wall) Dance until count 14(Cross Rock Recover) Then make Coaster step

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