

Take The Road

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sandra Speck (UK) - May 2016
音樂: Road Less Traveled - Lauren Alaina : (Album: Lauren Alaina EP - iTunes)



#8 count intro, approx. 4 seconds

S1. KICK OUT OUT, KNEE IN OUT, SAILOR STEP X 2

1&2 Kick R foot forward, step R to side, step L to side
3 – 4 Bend R knee in, bend R knee out
5&6 Cross R behind L, step L to side, step R to side (travelling slightly back)
7&8 Cross L behind R, step R to side, step L to side “ “

S2. BACK ROCK, KICK BALL STEP, TAP BACK, COASTER STEP

1 – 2 Rock back on R foot, recover on to L
3&4 Kick R forward, step R next to L , step a big step forward on L
5 – 6 Tap R behind L, step back on R
7&8 Step back on L, close R next to L, step forward on L

S3. HEEL GRIND, COASTER STEP, SCUFF BACK, SIT DOWN, UP

1 – 2 Grind R heel across L, step L to L side
3&4 Step back on R, close L next to R, step forward on R
5 – 6 Scuff L foot forward, step back on L
7 – 8 Bend knees slightly as you 'sit' back, straighten up (or push hips back, and forwards)

S4. SIT DOWN, UP, STEP TURN ¼ , CROSS, SIDE, TOUCH ½ TURN LEFT

1 – 2 Bend knees slightly as you 'sit' back, straighten up (or push hips back, and forwards)
3 – 4 Step forward on left, pivot ¼ R transferring weight to R
5 – 6 Cross L over R, step R to R side
7 – 8 Touch left behind R, make ½ turn L, transferring weight to L

S5. SHUFFLE FORWARD STEP PIVOT ¾ , CHASSE, BACK ROCK

1&2 Shuffle forward R-L-R
3 – 4 Step forward L, pivot ¾ turn R transferring weight to R
5&6 Step L to side, close R next to L, step L to side
7 – 8 Rock back on to R, recover on to L

S6. TURN ¼ X 2, CROSS ROCK, TURN ¼, ½ X 2 STEP

1 – 2 Turn ¼ L stepping back on right. Turn ¼ L stepping L to side
3 – 4 Cross R over L, recover on to L
5 – 6 Turn ¼ R stepping forward on R, turn ½ R stepping back on L
7 – 8 Turn ½ R stepping forward on R, step forward on L *Restart*

(Easy option for counts 6, 7 walk forward L-R)

S7. FORWARD ROCK OUT OUT BACK, BACK OUT OUT BACK, BACK

1 – 2 Rock forward on R, recover on to L
&3,4 Step R to R side, step L to L side, step back on R
5&6 Step back on left, step R to R side, step L to L side
7 – 8 Step back on R, step back on L

S8. BACK ROCK, KICK BALL STEP, STEP PIVOT ½ X 2

1 – 2 Rock back on R, recover on to L
3&4 Kick R forward, step R next to L, step forward on L

5 – 6 Step forward on R, pivot ½ turn L

7 – 8 Step forward on R, pivot ½ turn L

START AGAIN

Restart: Dance to count 48 of wall 2, then restart the dance from the beginning (facing 6 o'clock)

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