Michael's Boat

拍數: 32

級數: Beginner

編舞者: Ron Nelson (USA) - May 2016

音樂: Michael - The Highwaymen

Dance Starts 4 Counts after 32 Count Whistling Intro - Weight on Left - BPM [107] Visual Imagery: The river bank is behind you, and you paddle around to it. You then gather milk & honey with your Rumba Box.	
S1: Small 1/2 Paddle Turn, Small 1/2 Paddle Turn, Forward Mambo With Touch - 12:00	
1,2	Small Step R Fwd, Turn 1/8 L on L to Diagonal - 10:30
3,4	Small Step R on Diagonal, Turn 1/8 L on L to Wall - 9:00
5678	Rock R Fwd, Recover Weight on L, Touch R beside L, Hold
S2: Cross Rock, Recover, Side, Hold, Cross Rock, Recover, Side, Hold	
1234	Cross R over L, Recover Weight on L, Step R to R Side, Hold
5678	Cross L over R, Recover Weight on R, Step L to L Side, Hold
S3: Small ¼ Paddle Turn, Small ¼ Paddle Turn, Half Rumba Box Forward - 9:00	
1,2	Small Step R Fwd, Turn ¼ L on L to Diagonal - 7:30
3,4	Small Step R on Diagonal, Turn ¼ L on L to Wall - 6:00
5678	Step R to R Side, Step L beside R, Step R Fwd, Hold
S4: Half Rumba Box Back, Back Mambo With Touch	

- 1,2,3,4 Step L to L Side, Step R beside L, Step L Back, Hold
- 5,6,7,8 Rock R Back, Recover Weight on L, Touch R beside L, Hold

START AGAIN AND ENJOY

Ending: The last wall is danced to whistling, complete the Half Rumba Box Back, but replace the Hold with a Touch R beside L and smile.

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牆數:2