

Like A Rock

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Brandi Hughes (CAN) - September 2016
音樂: Heart Like a Stone - Chris Cummings : (amazon & iTunes)



Sec 1. Point & Point, Lock Step Forward, Hold

- 1-4 Point Right to right side (1), Step Right beside left (2), Point Left to left side (3), Step Left beside right (4)
5-8 Step Right forward (5), Lock Left behind Right (6), Step Right forward (7), Hold (8)

Sec 2. ½ Pivot, Step, Hold, Vine, Brush

- 1-4 Step Left forward (1), Make ½ turn right (6:00) stepping down on Right (2), Step Left forward (3), Hold (4)
5-8 Step Right to right side (5), Cross Left behind right (6), Step Right to right side (7), Brush Left foot forward (8)

Sec 3. Vine, Brush, ¼ Pivot, Step, Hold

- 1-4 Step Left to left side (1), Cross Right behind left (2), Step Left to left side (3), Brush right beside left (4)
5-8 Step Right forward (5), Make ¼ turn left (3:00) stepping down on right (6), Step right forward (7), Hold (8)

Sec 4. Scissor Step, Hold (x2)

- 1-4 Step Left to left side (1), Step Right beside left (2), Cross Left over right (3), Hold (4)
5-8 Step Right to right side (5), Step Left beside right (6), Cross Right over Left (7), Hold (8)

Sec 5. Rhumba Box

- 1-4 Step Left to left side (1), Step Right beside left (2), Step Left back (3), Hold (4)
5-8 Step Right to right side (5), Step Left beside right (6), Step Right Forward (7), Hold (8)

Sec 6. Cross Rock/Recover, Step, Hold (x2)

- 1-4 Cross Left over right (1), Recover weight back on right (2), Step Left beside right (3), Hold (4)
5-8 Cross Right over Left (5), Recover weight back on left (6), *Step Right beside left (7), Hold (8)

***Wall 3 – Restart Here – see below!**

Sec 7. Coster Step, Hold, Brush, Step (x2)

- 1-4 Step Left back (1), Step Right back beside left (2), Step Left forward (3), Hold (4)
5-8 Brush Right beside Left (5), Step Right forward (6), Brush Left beside right (7), Step Left forward (8)

Sec 8. ½ Pivot, Step, Hold, Heel, Together, Heel, Touch

- 1-4 Step Right forward (1), Make ½ turn left (9:00) stepping down on left (2), Step Right forward (3), Hold (4)
5-8 Tap Left heel forward (5), Step Left beside right (6), Tap Right heel forward (7), Touch Right toe beside left foot (8)

Restart: Wall 3 – Do first 48 Counts changing Count #47 from a step to Touch Right beside Left and start again!

Enjoy!