

Simple Things

拍數: 64 牆數: 2 級數: Improver
編舞者: Gaye Teather (UK) - October 2016
音樂: Back To the Simple Things - Don Williams : (CD: Reflections - iTunes & Amazon)



(32 count intro)

S1: Walk. Hold. Walk. Hold. Rocking chair

1 – 4 Walk forward Right. Hold. Walk forward Left. Hold
5 – 8 Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

S2: Walk. Hold. Walk. Hold. Step. Quarter turn Left. Cross. Hold

1 – 4 Walk forward Right. Hold. Walk forward Left. Hold
5 – 8 Step forward on Right. Pivot Quarter turn Left. Cross Right over Left. Hold (9 o'clock)

S3: Quarter turn Right. Hold. Step back. Hold. Coaster step. Hold

1 – 4 Quarter turn Right stepping back on Left. Hold. Step back on Right. Hold (12 o'clock)
5 – 8 Step back on Left. Step Right beside Left. Step forward on Left. Hold

*** Start again from beginning at this point during walls 3 and 6. You will be facing front both times**

S4: Right lock step forward. Hold. Left lock step forward. Hold

1 – 4 Step forward on Right. Lock Left behind Right. Step forward on Right. Hold
5 – 8 Step forward on Left. Lock Right behind Left. Step forward on Left. Hold

S5: Step. Pivot quarter turn Left. Weave Left. Hold

1 – 4 Step forward on Right. Pivot quarter turn Left. Cross Right over Left. Step Left to Left side (9 o'clock)
5 – 8 Cross Right behind Left. Step Left to Left side. Cross Right over Left. Hold

S6: Side rock. Recover. Weave Right. Hold

1 – 4 Rock Left to Left side. Recover onto Right. Cross Left over Right. Step Right to Right side
5 – 8 Cross Left behind Right. Step Right to Right side. Cross Left over Right. Hold

S7: Side. Together. Forward. Hold. Cross rock. Recover. Quarter turn Left. Hold

1 – 4 Step Right to Right side. Step Left beside Right. Step forward on Right. Hold
5 – 8 Cross rock Left over Right. Recover onto Right. Quarter turn Left stepping Left to Left side. Hold (6 o'clock)

S8: Cross rock. Side rock. Behind. Side. Touch. Hold

1 – 4 Cross rock Right over Left. Recover onto Left. Rock Right to Right side. Recover onto Left
5 – 8 Cross Right behind Left. Step Left to Left side. Touch Right beside Left. Hold

Start again

The Restarts are very easy to spot. They both face front and follow the short instrumental breaks