

Built To Last

拍數: 64 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK) - October 2016
音樂: Under the Hood - Billy Ray Cyrus : (amazon)



**** Thanks to Paul Wright for this track ****

Count In : 32 counts from main beat of track - start dancing with lyrics.

S1: Right Vine Cross. Side Hold, Rock Back Recover

1 - 2 Step right to right side, Cross left behind Right.
3 - 4 Step right to right side, Cross left over right
5 - 6 Step right to right side, Hold
7 - 8 Rock back left behind right, Recover – facing left diagonal slightly

S2: Left Rocking Chair, Left Vine Cross.

1 - 2 Rock fwd left to left, Recover – facing left diagonal slightly
3 - 4 Rock back left, Recover
5 - 6 Square up to 12 o'clock Stepping left to left side, Cross right behind left
7 - 8 Step left to left side, Cross right over left

S3: Side Rock ¼ Turn Hold. Triple Full Turn Fwd Hold

1 - 2 Rock left to left side, make ¼ turn right recovering weight onto right (3 o'clock)
3 - 4 Step fwd left, Hold
5 - 8 Triple full turn fwd RLR turning left (or right shuffle) Hold

S4: Mambo Fwd Step Back Hitch. Run Back RLR Hold

1 - 2 Rock fwd left, Recover
3 - 4 Step back Left Hitch right
5 - 8 Run back RLR, Hold

S5: Rock Back Half Turn. Rock Back Quarter Turn

1 - 2 Rock back left, Recover
3 - 4 Make ½ turn right stepping back left, Hold (9 o'clock)
5 - 6 Rock back right, Recover
7 - 8 Make ¼ turn left stepping right to right side, Hold (6 o'clock)

S6: Left Coaster Step Hold. Side Together Fwd Hold

1 - 2 Step back left, step right at side of left
3 - 4 Step fwd left, Hold
5 - 6 Step right to right side, Step left at side of right
7 - 8 Step fwd right, Hold

S7: Side Together Fwd Hold. Right Mambo Fwd ¼ Turn Right Hold

1 - 2 Step left to left side, step right at side of left
3 - 4 Step fwd left, Hold
5 - 6 Rock fwd right, Recover
7 - 8 Make ¼ turn right stepping right to right side (9 o'clock)

S8: Cross Half Hinge Turn Hold. Ride Touch Out, In. Touch Right Heel Fwd, In

1 - 2 Cross left over right, make ¼ left stepping back right
3 - 4 Make ¼ turn left stepping left to left side, Hold (3 o'clock)
5 - 6 Touch right toe to right side, Touch right at side of left

7 - 8 Touch right heel fwd, Touch right at side of left

TAG: At the end of wall 2 there is an 8 count tag facing 6 o'clock then Restart the dance from the beginning Right Side Hold Rock Back Recover. Left Side Hold Rock Back Recover

1 - 2 Step right to right side, Hold

3 - 4 Rock back left behind right, Recover

5 - 6 Step left to left side

7 - 8 Rock back right behind left, Recover

Ending During Wall 7 After the side rock ¼ turn in section 3, make a ¾ turn left to face front stepping RLR

Contact: tinaargyle.com
