

# Chasin'

拍數: 32      牆數: 4      級數: Improver  
編舞者: Trine Haukø Lund (NOR) - January 2017  
音樂: Chasin' Them Better Days - Jon Pardi



## #16 count intro

### Section 1: 2 walks fwd R-L, anchor step, coaster step, mambo cross, side

1-2            Walk forward on RF, walk forward on LF  
3&4            Step ball of RF behind LF, step LF in place, step RF backwards  
5&6            Step LF backwards, step RF next to LF, step LF forward  
&7&8          Rock RF to R, recover on LF, cross RF over LF, step LF to L

### Section 2: Sailorstep, wine 1/4 turn R, syncopated rocks X2

1&2            Cross RF behind LF, step LF next to RF, step RF to R  
3&4            Cross LF behind RF, 1/4 turn R(3.00), step RF forward, step LF forward  
5&6            Rock RF forward, recover on LF, rock RF backwards  
&7&8          Recover on LF, rock RF forward, recover on LF, touch RF next to LF

**\*Restart here in wall 3**

### Section 3: Chasse with 1/4 turn R, kick ball step L, 1/4 turn R with slide, skate backwards R-L

1&2            Step RF to R, step LF next to RF, 1/4 turn R(6.00), step RF forward  
3&4            Kick LF forward, step ball of LF next to RF, step RF forward  
5-6            1/4 turn R(9.00), slide to L, step LF to L, touch RF next to LF  
7-8            Skate backwards R-L

**\*Restart after count 3&4 in wall 6**

### Section 4: □Coaster step, shuffle fwd, full turn L, kick ball step R

1&2            Step RF backwards, step LF next to RF, step RF forward  
3&4            Step LF forward, step RF next to LF, step LF forward  
5-6            1/2 turn L(3.00) step RF backwards, 1/2 turn L(9.00) step LF forward  
7&8            Kick RF forward, step ball of RF next to LF, step LF forward

**Option on count 5-6 full turn: Walk R-L**

**\*Restart in wall 3 after section 2, facing 9 o'clock**

**\*Restart in wall 6 in section 3 after count 3&4, facing 9 o'clock**

**Note to the 2nd restart: Kick ball step**

3&4            Kick LF forward, step ball of LF next to RF, touch RF next to LF

**When the instrumental in the music starts at the end of wall 9, just keep on dancing:)**