

In Or Out

拍數: 32 牆數: 4 級數: Improver
編舞者: Dwight Meessen (NL) & José Miguel Belloque Vane (NL) - March 2017
音樂: In or Out - Elina Born : (Album: In Or Out)



1/8 R Walk Fwd, Walk Fwd, 1/4 L Heel Toe Swivel, 1/4 L Heel Swivel, Fwd, 1/2 L Back, 1/2 L Shuffle Fwd

1-2 RF 1/8 right step forward, LF step forward
3&4 RF 1/4 left step beside and swivel heels right, R+L swivel toes right, R+L 1/4 left swivel heels right
5-6 LF small step forward, RF 1/2 left step back
7&8 LF 1/2 left step forward, RF step beside, LF step forward [7.30]

Cross, Sweep/Point Across, Sweep 1/8 L Coaster, Pivot 1/2 L, Cross Samba

1-2 RF cross over, LF sweep and point across
3&4 LF 1/8 left sweep and step back, RF together, LF step forward
5-6 RF step forward, R+L 1/2 turn left
7&8 RF cross over, LF rock side, RF recover [12]

Cross, Side, Sailor Into Heel Ball Cross, 1/4 R Back, Shuffle 1/2 R

1-2 LF cross over, RF step side
3& LF cross behind, RF step beside
4&5 LF dig heel left forward, LF step beside on ball foot, RF cross over
6 LF 1/4 right step back
7&8 RF 1/4 right step side, LF step beside, RF 1/4 right step forward [9]

Rock Fwd, Recover, Shuffle 1/2 L, Pivot 1/2 L, Kick Ball Change

1-2 LF rock forward, RF recover
3&4 LF 1/4 left step side, RF step beside, LF 1/4 left step forward
5-6 RF step forward, R+L 1/2 turn left
7&8 RF kick forward, RF step beside on ball foot, LF step beside [9]

Start again

TAG: After the 3rd wall [6]:

Rocking Chair

1-4 RF rock forward, LF recover, RF rock back, LF recover

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