

Road Less Traveled

拍數: 80 牆數: 4 級數: Phrased Intermediate
編舞者: Amanda Dahn (USA) - December 2016
音樂: Road Less Traveled - Lauren Alaina : (iTunes)



#8 count intro - Phrasing: A,A,B, A,A,B, Tag, Modified B, B,B

A1: Step Turn, Turn, Shuffle, Rock Recover

1-2 Step R forward (1), ½ turn to left (2) (6:00)
3-4 Step R forward (3), ¾ turn to right stepping L to left (4) (3:00)
5&6 Step R to right (5), Step L next to R (&), Step R to right (6)
7-8 Rock L in front of R (7), Recover R (8)

A2: Rock, Recover, Rock, Recover, Step Turn, Step Turn

1-2 Rock L to the left (1), Recover R (2)
3-4 Rock L backwards (3), Recover R (4)
5-6 Step L forward (5), ½ turn to right (6) (9:00)
7-8 Step L forward (6), ½ turn to right (8) (3:00)

A3: Rock Recover, 360o turn, ½ Monterey turn

1-2 Rock L in front of R (1), Recover R (2)
3-4 Step L behind R (3), Full turn to left (4)
5-6 Touch R to right (5), ½ turn to right touch R next to left (6) (9:00)
7-8 Touch L to left (7), Step L next to right (8)

A4: ½ Monterey turn, Sway hip, Sway hip

1-2 Touch R to right (1), ½ turn to right touch R next to left (6) (3:00)
3-4 Touch L to left (3), Step L next to right (4)
5-6 Step R out to right shifting weight to R swaying hip to R and swinging R arm out to the right toward shoulder height (5) snap (6)
7-8 Shift weight to left swaying hips to left and swinging L arm out to left and up (7) snap (8)

B1: Rock Recover, Syncopated Vine, Rock Recover, Syncopated Vine

1-2 Rock R to the right (1), Recover L (2)
3&4 Step R behind L (3), Step L to Left (&), Step R front of L (4)
5-6 Rock L to Left (5), Recover (6)
7&8 Step L behind R (7), Step R to right (&), Step L front of R (8)

B2: Slide, Slide, Backwards Shuffle, Rock, Recover

1-2 Slide diagonally backwards with R (1), Touch L next to R (2)
3-4 Slide diagonally backwards with L (3), Touch R next to L (4)
5&6 Step R backwards (5), Step L next to R (&), Step R backwards (6)
7-8 Rock L backwards (7), Recover R (8)

B3: Turn, Shuffle, Chase Turn, Chase Turn

1-2 ¼ turn to right stepping L to the left (1) (3:00), ¾ turn to right stepping L to left (2) (9:00)
3&4 ¼ turn to right Stepping L forward (3) (12:00), Step R next to L (&), Step L forward (4)
5&6 Step R to right (5), ¼ turn to left step L in place (&) (9:00), Step R forward (6)
7&8 Step L forward (7), ½ turn to right step R in place (&) (3:00), Step L forward (8)

B4: Touch Right, Touch Left, Touch Forward, Touch Back, Step turn, Step Turn

1&2 Touch R to the Right (1), Step R next to L (&), Touch L to left (2)
&3&4 Step L next to right (&), Touch R to front (3), Step R next to L (&) Touch L Back (4)

5-6 Step L forward (5), ½ turn to right (6) (6:00)

***7-8 □ Step L forward (7), ½ turn to right (8) (12:00)**

***Modified B: Same to this point only change last 2 counts. Restart B after 8th count**

7-8 ¼ turn to right step L to left (7) (9:00), Touch R next to L (8)

B5: Cross, Touch out, Cross, Touch out, Box Step

1-2 Cross L front of R (1), Touch R to right (2)

3-4 Cross R front of L (3), Touch L to left (4)

5-6 Cross L front of R (5), Step R backwards (6)

7-8 Step L to left (7), Touch R next to left (8)

B6: Shuffle, Step Turn, Turning Shuffle, Rock Recover

1&2 Step R forward (1), Step L next to R (&), Step R forward (2)

3-4 Step L forward (3), ½ turn to right (4) (6:00)

5&6 ¼ turn to right Step L to left (5) (9:00), Step R next to L (&), ¼ turn to right step L back (6) (12:00)

7-8 Rock R backwards (7), Recover L (8)

Tag: Shuffle, Step Turn, Turning Shuffle, Rock Recover

1&2 Step R forward (1), Step L next to R (&), Step R forward (2)

3-4 Step L forward (3), ½ turn to right (4) (6:00)

5&6 ¼ turn to right step L to left (5) (9:00), Step R next to L (&), ¼ turn to right step L back (6) (12:00)

7-8 Rock R backwards (7), Recover L (8)

Tag: Press Forward, Recover, Press Forward, Recover, Walk x 4

1-2& Press R forward with slight upper body roll (1), Recover (2), Step R next to L (&)

3-4& Press L forward with slight upper body roll (3), Recover (4), Step L next to R (&)

5,6,7,8 Walk forward R (5), L (6), R (7), L (8)

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