

Automatic

拍數: 64 牆數: 4 級數: Improver
編舞者: Nathan Gardiner (SCO) - March 2017
音樂: Automatic - Amy Macdonald



Intro: 32 counts

S1: Weave R, Side L, Touch, Side R, Touch

1-2 Step R to R side, Step L behind R
3-4 Step R to R side, Touch L next to R
5-6 Step L to L side, Touch R next to L
7-8 Step R to R side, Touch L next to R

S2: Weave L, Side Rock, Recover, Cross, Hold

1-2 Step L to L side, Step R behind L
3-4 Step L to L side, Cross R over L
5-6 Rock out to L side, Recover on R
7-8 Cross L over R, Hold

S3: Toe Strut R & L, Rocking Chair

1-2 Step R toe to R side, Drop down heel
3-4 Cross L toe over R, Drop down heel
5-6 Rock forward on R, Recover on L
7-8 Rock back on R, Recover on L

S4: Side R, Behind, Side R, Touch, Side L, Behind, Side L, Touch

1-2 Step R to R side, Step L behind R
3-4 Step R to R side, Touch L next to R or Scuff
5-6 Step L to L side, Step R behind L
7-8 Step L to L side, Touch R next to L or Scuff

S5: Toe Strut R & L, Forward, Touch, Back, Kick

1-2 Step R toe forward, Drop down heel
3-4 Step L toe forward, Drop down heel
5-6 Step forward on R, Touch L next to R
7-8 Step back on L, Kick R forward

S6: Coaster Step, Scuff, L Lock Step, Scuff

1-2 Step back on R, Step L next to R
3-4 Step forward on R, Scuff L forward
5-6 Step forward on L, Lock R behind L
7-8 Step forward on L, Scuff R forward

S7: R Lock Step, Scuff, Step Pivot ¼ L, Cross, Side R

1-2 Step forward on R, Lock L behind R
3-4 Step forward on R, Scuff L forward
5-6 Step forward on L, Pivot ¼ R
7-8 Cross L over R, Step R to R side

S8: Touch, Side L, Touch, Back, Heel, Step, Point, Touch or Flick

1-2 Touch L next to R, Step L to L side
3-4 Touch R next to L, Step back on R

5-6 Dig L heel forward, Step L next to R
7-8 Point R to R side, Touch R next to L or Flick R behind L

Restart: On wall 5, after 40 counts

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