15 In a 30

拍數: 32

級數: Improver

編舞者: Jason Cowls - March 2017

音樂: Body Like a Back Road - Sam Hunt

Restart - Wall 5, after 16 counts (follows the ball, change)

LOCK STEP RIGHT, LOCK STEP LEFT, RIGHT ROCK STEP, BACK, ¼ LEFT SAILOR STEP,

- 1 & 2 Step forward R, step L behind R, step forward R
- 3 & 4 step forward L, Step R behind L, step forward L
- 5&6 Step R forward, recover weight back on L, Step back on R
- 7&8 Cross step L behind right making a ¼ turn to L, Step R to right side, Step L fwd (9:00)

SCISSORS STEPx2, RIGHT ROCK STEP, WALK BACK, BALL CHANGE

- 1&2 Rock R to right side, recover weight L, Cross R over L
- 3&4 Rock L to left side, recover weight R, Cross L over R
- 5&, 6, 7, 8& Rock R forward, recover weight back on L, Step back R, L, Step back R, recover L

(Restart here- Wall 5, after 16 counts (follows the ball change))

ROCKING CHAIR x2, WEAVE, ¼ L turn

1&2& R fwd step - recover weight on L - R back step – recover weight on L,

- 3&4& R fwd step recover weight on L R back step recover weight on L making a ¼ turn left
- 5&6&7&8 Step R to R, Step L behind R, Step R to R, Step L in front of R, turn ¼ L as you Step R to R, weight on L, Step forward on R

FULL TURN, MAMBO, RIGHT SAILOR, LEFT SAILOR

- 1,2 $\frac{1}{2}$ turn R stepping back on L foot, $\frac{1}{2}$ turn R step forward on R
- 3&4 Rock forward L, replace R, step L next to R
- 5&6 R behind L L step slightly to L side R side step
- 7&8 L behind R R step slightly to R side L side step

Step sheet written by Cindi Massengale - Contact: dancewithcindi@aol.com





牆數:4