

The City

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lesley Stewart (SCO) - June 2017
音樂: This City - Lady A : (CD: Heartbreak)



Intro: 16 count intro start on vocals

Restart: On wall 3 dance up to count 32*** and
'&' Step left beside right - Then Restart the dance**

Rock Fwd, & Rock Fwd, Step Fwd, ½ Turn, ½ Turn Shuffle

1-2 Rock forward on right, recover on left
&3-4 Step right next to left, rock forward on left, recover on right
&5-6 Step forward on right, ½ turn left
7&8 Step right ¼ turn left, step left next to right, step right ¼ turn left

Step Back, ¼ Turn, Cross Shuffle, ¼ Turn, ¼ Turn, Cross Shuffle

1-2 Step back on left, ¼ turn right stepping right to right side
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 ¼ turn left stepping back on right, ¼ turn left stepping left to left side
7&8 Cross step right over left, step left to left side, cross step right over left

Rock Out, Sailor ¼, Step ¾, Side Shuffle

1-2 Rock left out to side, recover on right
3&4 Cross left behind right, ¼ turn left stepping right to right side, step left to left side
5-6 Step forward on right, ¾ turn left
7&8 Step right to right side, step left next to right, step right to right side

Syncopated Rocks Fwd, Cross Side Behind, Cross Rock

1-2 Cross rock left over right, recover on right
&3-4 Step on left, cross rock right over left, recover on left
&5&6& Step right, cross left over right, step right, step left behind right, step right
7-8 Cross rock left over right, recover on right*****

Syncopated Rocks Fwd, Cross Side Behind, Step Fwd, ½ Turn

&1-2 Step on left, cross rock right over left, recover on left
&3-4 Step on right, cross rock left over right, recover on right
&5&6& Step on left, cross step right over left, step left, step right behind left, step left
&7-8 Step forward on right, ½ turn left

Full Turn, Shuffle Fwd, Rock Fwd, Coaster Step

1-2 ½ turn left stepping back on right, ½ turn left stepping forward on left

Easy Option: Walk Fwd R, L

3&4 Step forward right, step left next to right, step forward on right
5-6 Rock forward on left, recover on right
7&8 Step back on left, step right next to left, step forward on left

Start Again.....Happy Dancing.....

Contact: dancerlesley@hotmail.co.uk

Last Update - 20th July 2017