

Shallow Water

拍數: 48 牆數: 2 級數: Beginner
編舞者: Myra Harrold (SCO) - August 2017
音樂: Deep Water - Alisan Porter : (Single)



Starts On Vocals , 18 Counts In - No Tags Or Restarts

Sec 1: Lf Forward,1/2 L,Back R,L, Back Feet Apart,Rock R,L,R

1-3 Step Lf Forward,1/2 Turn L,Step Back Rf Then Lf (6)
4-6 Step Back/Out Rock Rf Side R,Rock Lf Side L,Rock Rf Side R (6)

Sec 2: Cross L Over R,Rock R,1/4 L,Recover On L,R Forward,1/2 R,Walk Back L,R

1-3 Cross Lf Over Rf,Rock Rf Out To R Side,1/4 Turn L,Step Lf Forward (3)
4-6 Rf Forward,1/2 Turn R, Step Lf Back, Step Rf Back (9)

Sec 3: Lf Back,1/4 R,Side R,Touch L Toe To Rf,1/8 R,Forward L,R,1/2 L ,Recover On Lf

1-3 Step Lf Back,1/4 Turn R,Big Step Rf To R Side,Bring L Toe To Touch Beside Rf (12)
4-6 1/8 Turn R,Into Diagonal,Lf Forward,Rf Forward,1/2 Turn L,Recover Forward On Lf (7)

Sec 4: Forward Rf,Lf,1/2 Turn R,Forward Rf,Press L Forward,Recover,1/8 Turn L,Step L Side

1-3 Rf Forward,Lf Forward, 1/2 Turn R,Recover On Rf Forward,Still Diagonal (1)
4-6 Press Lf Forward, Still Diagonal,Recover On Rf,1/8 Turn L,Step Lf To L Side (12)

Sec 5: Cross R Over L,Point Lf To L,Hold,Lf Behind,1/4 R,Step Rf,Lf Forward

1-3 Cross Rf Over Lf,Point Lf Out To L Side,Hold (12)
4-6 Step Lf Behind Rf,1/4 R,Step Rf Forward,Step Lf Forward (3)

Sec 6: Point Rf Forward,1/4 L,Flick Rf Back,Rf Forward,Walk 1/2 Turn L

1-3 Point Rf Forward,1/4 Turn L,Flick Rf Back,Step Rf Forward (12)
4-6 Walk Round To L,Stepping 1/4 L With Lf,1/4 L With Rf,Step Forward On Lf (6)

Sec 7: Cross Rf Over Lf, Twinkle 1/4 R,Forward Lf,Sweep Rf 1/4 L

1-3 Cross Rf Over Lf ,Bring Lf To Rf,1/4 Turn R, Step Rf Forward (9)
4-6 Step Lf Forward, Sweep Rf Round Turning 1/4 Turn L (6)

Sec 8: Cross Rf Over Lf, Twinkle,Cross Lf Over Rf,Step R,Touch L Toe To R

1-3 Cross Rf Over Lf ,Bring Lf To Rf,Step Rf In Place (6)
4-6 Cross Lf Over Rf,Big Step To R Side,Touch L Toe To Rf. (6)

Start Again

The Music Slows Slightly Near The End, Keep Dancing, Keep Smiling.

Contact: marthaharrold@outlook.com