

Walk As Lions

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kumari Tugnait (UK) - November 2017
音樂: Lions - Skillet : (Album: Unleashed. iTunes)



Intro: 8 counts

Section 1: 1/4 RIGHT, HOLD, BALL SIDE STEP CROSS LEFT, SIDE RIGHT, HOLD, BALL SIDE ROCK RECOVER

1 - 2 Make ¼ turn right crossing right over left, hold
& 3 - 4 Step left slightly out to left side, recover on right, cross step left over right
5 - 6 Step right to right side, hold
& 7 - 8 Step left behind right, rock right to right side, recover on left

Section 2: RIGHT SAILOR, LEFT SAILOR ¼ TURN LEFT, RIGHT KICK BALL CHANGE, PIVOT ½ LEFT

1 & 2 Step right behind left, step left to left side, step right to right side
3 & 4 Step left foot behind right, step right to right side turning ¼ turn left, step forward left
5 & 6 Kick right forward, step right in place, forward on left
7 - 8 Step forward on right, make ½ turn left putting weight on left foot

Section 3: RIGHT CROSS, HOLD, BALL SIDE STEP CROSS LEFT, RIGHT SIDE LEFT BEHIND, BALL CROSS SHUFFLE

1 - 2 Cross step right over left, hold
& 3 - 4 Step left slightly out to left side, recover on right, cross step left over right
5 - 6 Step right to right side, step left behind right
& 7 & 8 Step right to right side, cross step left over right, step right to right side, cross step left over right

Section 4: SYNCOPATED RIGHT SIDE ROCK & WEAVE LEFT, LEFT ROCK ¼ TURN RIGHT, LEFT KICK & POINT

1 & 2 & 3 & 4 Rock right to right side, recover on left, cross right over left, step left to left side, cross right behind left, step left to left side, cross step right over left
5 - 6 Rock left to left side, make ¼ turn right putting weight on right
7 & 8 Kick left forward, step left beside right, point right to right side

Section 5: SYNCOPATED CROSS ROCKS RIGHT & LEFT, CROSS TURN ¼ RIGHT, BALL LEFT CROSS SHUFFLE

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

Section 6: RIGHT & LEFT SIDE ROCK CROSS, ¼ TURN LEFT STEP SIDE, CROSS SIDE TOUCH

1 & 2 Side rock right, recover left, cross step right over left
3 & 4 Side rock left, recover right, cross step left over right
5 - 6 Step back on right making ¼ turn, step left to left side
& 7 - 8 Cross step right over left, step left to left side, touch right beside left

Tag at the end of wall 1:

RIGHT SIDE ROCK RECOVER, BALL CROSS POINT

1 - 2 Rock right to right side, recover on left
& 3 - 4 Step right beside left, cross step left over right, point to right side

E-mail: nazgul.isengard@ntlworld.com
