

Stay Young

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - December 2017
音樂: Stay Young (feat. Tessa) - Mike Perry : (iTunes)



(16 count intro)

[S1] Cross, Back, Cross, Back, Side Shuffle, Cross, Back, Cross, Back, Side Shuffle w/ 1/4L

1&2& Cross R over L, Step L back, Cross R over L, Step L back
3&4 Step R to right side, Step L next to R, Step R to right side
5&6& Cross L over R, Step R back, Cross L over R, Step R back
7&8 Step L to left side, Step R next to L, Make a 1/4 turn left stepping L forward (9:00)

[S2] Sweep (Touch) Fwd, Sweep (Touch) Side, Behind-Side-Cross, Side(&), Touch Behind-Unwind, Shuffle Fwd

1 2 Sweep R around (from the back to the front) and touch R forward, Sweep R around (from the front to the side) and touch R to right side
3&4 Step R behind L, Step L to left side, Cross R over L
&5 6 Step L to left side, Touch R behind L, Unwind 1/2R weight ends on R
7&8 Shuffle forward L-R-L (3:00)

[S3] Push Back-Fwd-Back-Fwd-Back-1/4R-Together, Cross-1/4L Back-Side 1/4L-Beside, Coaster Step

1& Step/push back on R w/ hip bump, Push forward on L w/ hip bump
2& Push back on R w/ hip bump, Push forward on L w/ hip bump
3&4 Push back on R w/ hip bump, Make a 1/4 turn right stepping L to the side, Step R together (weight on R)
5& Cross L over R, Make a 1/4 turn L stepping back on R
6& Step L to left side, Make a 1/4 turn left stepping R beside L
7&8 Step L back, Step R next to L, Step L forward (12:00)

[S4] Fwd Rock-Recover, 1/4R Fwd Rock-Recover, Back-1/2L Fwd-Fwd, Fwd Rock-Recover, 1/4L Fwd Rock-Recover, Back-1/2R Fwd- 1/2R Back w/ Hitch

1& Rock/step R forward, Recover weight on L
2& Make a 1/4 turn right rock/step R forward, Recover weight on L
3&4 Step R back, Make a 1/2 turn left stepping forward on L, Step R forward
5& Rock/step L forward, Recover weight on R
6& Make a 1/4 turn left rock/step R forward, Recover weight on L
7&8 Step L back, Make a 1/4 turn right stepping forward on R, Make a 1/2 turn right stepping back on L slightly hitch R (6:00)

Tag (4 counts): End of Wall 3 – Cross Rock-Recover, Side Rock-Recover

1 2 3 4 Rock/cross R over L, Recover weight on L, Rock/step R to right side, Recover weight on L (6:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 3/Dec/17)