

拍數: 64 牆數: 2 級數: Low Intermediate
 編舞者: Brandon Zahorsky (USA) - December 2017
 音樂: Mgno - Russell Dickerson : (iTunes)



S1: Touch, Heel x 3, Brush, Out, Out

1&2& Touch R next to L (1), Step R side R (&), Touch L heel forward (2), Step L front of R(&
 3&4& Touch R next to L (3), Step R side R (&), Touch L heel forward (4), Step L front of R(&
 5&6& Touch R next to L (5), Step R side R (&), Touch L heel forward (6), Step L front of R(&
 7&8 Brush R forward (7), Step R side R (&), Step L to side L (8) (12:00)

S2: Sailor Step x 4

1&2 Step R behind L (1), Step ball of L side L (&), Step R side R (2)
 3&4 Step L behind R (3), Step ball of R side R (&), Step L side L (4)
 5&6 Step R behind L (5), Step ball of L side L (&), Step R side R (6)
 7&8 Step L behind R (7), Step ball of R side R (&), Step L side L (8) (12:00)

Restarts both happen here on Walls 3 and 6 facing 12:00

S3: Rock, Recover, Full Turn, Rock, Recover, 1/2 Turn Triple

1,2 Rock R forward (1), Recover back on L (2),
 3&4 Full Turn over R shoulder tripling in place, R,L,R (12:00)

This can also be a Coaster Step - Step R back, Step L next to R, Step R forward

5,6 Rock L forward (5), Recover back on R (6)
 7&8 Step L 1/4 Turn over L shoulder (7), Step R next to L (&), Step L 1/4 turn over L shoulder(8)
 (6:00)

S4: Sway, Sway, Sway, Sway, Pivot 1/2 Turn x 2

1,2 Step R to side and sway hips R (1), Sway hips L (2)
 3,4 Sway hips R (3), Sway hips L (4)
 5,6 Step R forward (5), Pivot 1/2 turn over L shoulder (6) (12:00)
 7,8 Step R forward (7), Pivot 1/2 turn over L shoulder (8) (6:00)

If you don't want to do the pivot turns, do a basic rocking chair

S5: Triple Side, 1/4 Turn Triple, 1/4 Turn Triple, 1/4 Triple (Triple Box)

1&2 Step R side R (1), Step L next to R (&), Step R side R (2)
 3&4 Step L 1/4 turn over L shoulder (3), Step R next to L (&), Step L side L (4) (3:00)
 5&6 Step R 1/4 turn over L shoulder (5), Step L next to R (&), Step R side R (6) (12:00)
 7&8 Step L 1/4 turn over L shoulder (7), Step R next to L (&), Step L side L (8) (9:00)

S6: Heel Grind, Heal Grind, Heel Grind 1/4 Turn, Coaster Step

1,2& Step R heel forward, toe pointing left (1), grind R heel into floor, fanning toes to right and
 taking weight (2), Step R next to L (&)
 3,4& Step L heel forward, toe pointing right (3), Grind L heel in to floor, fanning toes to left and
 taking weight (4), Recover back on R and Step L next to R (&)
 5,6 Step R heel forward, toe pointing L (5), Grind R heel into floor, fanning toes to right and
 taking weight, Recover back on L making a 1/4 turn over R shoulder (12:00)
 7&8 Step R back (7), Step L next to R (&), Step R forward (8)

S7: Rock, Recover, 1/2 Turn Triple, Pivot 1/2 Turn, Triple Forward

1,2 Rock L forward (1), Recover back on R (2)
 3&4 Step L 1/4 turn over L shoulder (3), Step R next to L (&), Step L 1/4 turn over L shoulder (4)
 (6:00)
 5,6 Step R forward (5), Pivot 1/2 turn over L shoulder (6) (12:00)

7&8 Step R forward (7), Step L next to R (&), Step R forward (8)

S8: Dorothy Step, Dorothy Step, Rock, Recover, 1/2 Turn Triple

1,2& Step L forward (1), Lock R behind L (2), Step L forward (&)

3,4& Step R forward (3), Lock L behind R (4), Step R forward (&)

5,6 Rock L forward (5), Recover back on R (6)

7&8 Step L 1/4 turn over L shoulder (7), Step R next to L (&), Step L 1/4 turn over L shoulder (8)
(6:00)

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Last Update - 24th Jan. 2018
