

1200 Days

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Mathew Sinyard (UK) - February 2018
音樂: 1200 Days - Erick Baker



Intro: 32 Counts (start on 'WORDS')

Section 1: Side Back Rock Side, Behind Side, Cross Unwind $\frac{3}{4}$, Cross Shuffle.

1 2 & Step right foot to right side, rock left foot behind right, recover right.
3 4 & Step left foot to left side, step right behind left, step left foot to left side.
5 6 7 Cross right foot in front or left, over 2 counts unwind $\frac{3}{4}$ turn left.
8 & 1 Cross right in front of left, step left slightly to left, cross right in front of left.

Section 2: Side Rock Cross, Side Rock Cross, $\frac{1}{4}$, Side, Cross Shuffle.

2 & 3 Rock left foot to left side, recover on to right, cross left in front of right.
4 & 5 Rock right foot to right side, recover on to left, cross right foot in front of left.
6 7 Make a $\frac{1}{4}$ turn right stepping back on left, step right foot to right side.
8 & 1 Cross left foot in front of right, step right slightly to right, cross left in front of right.

Section 3: Sweep Cross Side Behind, Sweep Behind Side Cross, $\frac{1}{4}$ Hitch Walk R L, Mambo.

2 & 3 Sweep right foot across left, step left to left side, cross right behind left.
4 & 5 Sweep left foot behind right, step right foot to right side, cross left foot in front of right.
6 7 Make a $\frac{1}{4}$ turn left as you hitch and step right foot forward, step forward on left foot.
8 & 1 Rock forward on right foot, recover on to left, step right beside left.

Section 4: $\frac{1}{2}$, $\frac{1}{4}$, Back Rock Side, Back Rock Side, Change Weight (Sway).

2 3 Make a $\frac{1}{2}$ turn left stepping forward left, make $\frac{1}{4}$ turn left stepping right foot to right side.
4 & 5 Rock left behind right foot, recover on to right, step left to left side.
6 & 7 Rock right foot behind left, recover on to right, step right to right side.
8 Change weight from right to left (optional sway as you change weight).

***Pauses – End of walls 1, 2 & 3: -**

At the end of wall 1 pause and start wall 2 on the word "DAYS"

At the end of wall 2 pause and start wall 3 on the word "HANDS"

At the end of wall 3 very slight pause before starting wall 4 as he sings "I ASKED"

****Tag end of wall 5 (6:00) & end of wall 6 to finish ****

Side Back Rock Side, Behind Side, Cross Unwind Full turn, Hold/Pause.

1 2 & Step right foot to right side, rock left foot behind right, recover right.
3 4 & Step left foot to left side, step right behind left, step left foot to left side.
5 6 7 8 Cross right foot in front or left, over 3 counts unwind a full turn left.

Then hold for 4 counts starting wall 6 on the word "Word".

Contact: Mathew Sinyard - www.inlinewedance.co.uk - inline.wedance@gmail.com