Back Road Body

級數: Improver

編舞者: Wendy McLean (CAN) - March 2018

音樂: Body Like a Back Road - Sam Hunt

拍數: 32

Bump R-L-R, Bump L-R-L, Rock, Recover, Triple 1/2

- 1&2 Bump hips right, left, right
- 3&4 Bump hips left, right, left
- 5 6 Rock forward on right foot, Recover to left foot
- 7&8 Triple ¹/₂ right (right, left, right)

Turn ¼ Right Rock Side, Recover, Behind, Side Cross, Sway, Sway, Behind 1/4, Step

- 1 2 Turn ¼ turn right rocking left foot side, Recover to right foot
- 3&4 Step behind with left, Step right side, Cross left over right
- 5 6 Step right foot side and sway right & then left (with weight)
- 7&8 Step behind with right, Turn ¼ left stepping forward on left, Step forward on right

Restart here on wall 5 (starts @ 12 o'clock, Restart @ 6 o'clock)

Shuffle, Rock, Recover, Shuffle Back, Toe Back, 1/2 Turn Right

- 1&2 Shuffle forward (left, right, left)
- 3 4 Rock forward on right foot, Recover weight to left foot
- 5&6 Shuffle back (right, left, right)
- 7 8 Touch left toe back, Turn ½ turn left (weight to right)

Step Hold, Pivot ¼, Cross Shuffle, ¼, ¼

- 1 2 Step forward on right, Hold
- 3 4 Step forward on left, Turn ¼ right (weight to right)
- 5&6 Cross left over right, Step right foot side, Cross left over right
- 7 8 Turning ¼ left step back on right foot, Turning ¼ left step side on left





牆數:4