

Steady as She Goes

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Nina Skyrud (NOR) - March 2018
音樂: Steady as She Goes - Shotgun Rider : (Album: Palo Duro)



Start the dance after 16 counts

Note: There are 3 Restarts: Wall 2, 5, 7 - after det first 16 counts.

[1-8] Side-Rock, Recover, Sailor ¼ turn right, Rock, Recover, Coaster Step

- 1-2 Rock right foot to the right side (1), Recover onto left (2),
3-&-4 Cross right foot behind left (3), Make ¼ turn right stepping left foot beside right (&), Step right foot slightly forward (4) [3:00]
5-6 Rock left foot forward (5), Recover onto right (6)
7-&-8 Step left foot back (7), Step right foot next to left (&), Step left foot forward (8)

[9-16] Step, Touch, Step, Touch, Step, Touch, Step ¼ turn Scuff

- 1-2 Step right foot diagonally forward to the right (1), Touch left foot next to right (2),
3-4 Step left foot diagonally back (3), Touch right foot next to left (4),
5-6 Step right foot diagonally back (5), Touch left foot next to right (6),
7-8 Step left foot diagonally forward (7), Turn ¼ turn left and Scuff right foot beside left (8).
[12:00]

Note: Restart here on wall 2, 5 and 7

[17-24] Side, Touch, Kick-Ball-Cross, Side, Touch, Kick-Ball-Cross

- 1-2 Step right foot to the right side (1), Touch left toe next to right (2)
3-&-4 Kick left foot diagonally forward to the left (3), Step left ball beside right foot (&), Step right foot across left (4)
5-6 Step left foot to the left side (5), Touch right foot next to left (6)
7-&-8 Kick right foot diagonally forward to the right (7), Step right ball beside left foot (&), Step left foot across right (8)

[25-32] Side-Rock, Recover, Cross Shuffle, Side, ¼ Turn right, Cross Shuffle

- 1-2 Step right foot to the right side (1), Recover onto left (2)
3-&-4 Cross right foot over left (3), Step left foot to the left side (&), Cross right foot over left (4)
5-6 Step left foot to the left side (5), Turn ¼ Turn right stepping right foot to the right side (6)
[3:00]
7-&-8 Cross left foot over right (7), Step right foot to the right side (&), Cross left foot over right (8)

[33-40] Side-Rock, Recover, Weave, Side-Rock, Recover, Sailor ¼ turn left

- 1-2 Step right foot to the right side (1), Recover onto left (2)
3-&-4 Cross right foot behind left (3), Step left foot to the left side (&), Step right foot across left (4)
5-6 Step left foot to the left side (5), Recover onto right (6)
7-&-8 Cross left foot behind right (7), Make ¼ turn left stepping right foot beside left (&), Step left foot slightly forward (8) [12:00]

[41-48] Rock Recover, Trippel 1/2 Turn x2 over the right shoulder, Rock Recover

- 1-2 Rock right foot forward (1), Recover onto left (2)
3-&-4 Make ¼ turn right stepping right foot to the right side (3), Step left foot next to right (&), Make a ¼ turn right stepping right foot forward (4) [6:00]
5-&-6 Make ¼ turn right stepping left foot to the left side (5), Step right foot next to left (&), Make a ¼ turn right stepping left foot back (6) [12:00]
7-8 Rock right foot back (7), Recover onto right (8)

[49-56] Walk, Walk, Anchor Step, ½ Turn left, ¼ Turn left, Sailor Step

- 1-2 Step right foot forward (1), Step left foot forward (2)
3-&-4 Step right foot behind left (3), Step left foot in front of right (&), Step right foot behind left (on the spot) (4)
5-6 Make ½ turn left stepping left foot forward (5), Make a ¼ turn left stepping right foot to the right side (6) [3:00]
7-&-8 Cross right foot behind left (7), Step left foot beside right (&), Step right foot slightly forward (8)

[57-64] Step, Point, Step, Point, Jazz Box ¼ Turn right

- 1-2 Step right foot forward (1), Point left foot to the left side (2)
3-4 Step left foot forward (3), Point right foot to the right side (4)
5-6-7-8 Cross right foot over left (5), Step left foot back (6), Make a ¼ turn right stepping right foot to the right side (7), Cross left foot over right (8) [6:00]

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