

Compromise

拍數: 32 牆數: 4 級數:
編舞者: Linda McCormack (UK) - April 2018
音樂: The Middle by Zedd



[1-8] Rock, recover, back, back, heel turn, look, ½ jazz side shuffle.

- 1&2& Rock forward on the RF (1); recover weight back onto LF (&); step back on RF (2); step back on LF (&);
3&4 ¼ turn to the left swivelling on both heels (3); prep by slightly turning the head to the left (&) turn the head fully to the right (4); keep weight shifted to the LF

Easy options for first 4 counts

Rock forward on RF (1); recover weight back onto LF (&); R sailor ¼ touch RF to R side (2&3); prep by slightly turning the head to the left (&) turn the head fully to the right (4); keep weight shifted to the LF

- 5-8 cross RF over LF (5); step back on LF (6); step RF to R side (7); step LF together to RF (&); step RF to R side (8);

[9-16] Knee twist, hitch step, heel jack, together, ¼ step, ½ turn pivot, dorothy step.

- 1&2& Twist the L knee in (1); recover knee back in place (&); hitch the R knee (2); step RF back in place (&);
3&4 Cross LF over RF (3); step RF to R side (&) place L heel to L side (4);
&5,6 Step LF together to RF (&); ¼ turn L stepping forward on the RF (5); ½ turn pivot over the L shoulder, putting weight forward on LF after turn (6);
7,8& Step forward on RF (7); lock LF behind RF (8); step forward on RF (&);

[17-24] Rocking chair, chase ¼ cross, step, ¼ montary, rock and cross, flick.

- 1&2& Rock forward on the LF (1); recover weight back onto RF (&); rock back on LF (2); recover weight forward onto RF (&);
3&4 Step forward on the LF (3); ¼ turn pivot over the R shoulder (3) weight stepping on RF after turning (&); cross LF over RF (4);
5,6 Touch RF to R side (5); ¼ turn to the R as you touch R toe together to L (6);
7&8& Rock LF to L side (7); recover weight to RF (&); cross LF over RF (8); flick the RF to the R diagonal (&);

[25-32] Weave, ¼ turn, hitch, step, hitch, step, cross, unwind ½ turn.

- 1,2,3,4 Cross RF over LF (1); step LF to L side (2); cross RF behind LF (3); ¼ turn to the L stepping forward on LF (4);
5&6& Hitch the R knee up (5); step RF back in place (&); hitch L knee up (6); step LF back in place (&);
7,8 Cross RF over LF (7); unwind ½ turn over the L shoulder (weight finishes on LF) (8);

Tag (comes in after walls 1 and 4)

[1-8] Slide, touch, slide touch, rock, recover, coaster step.

- 1,2,3,4 Slide R to R diagonal (1); touch LF to RF (2); Slide L to L diagonal (3); touch RF to LF (4);
5,6 Rock forward on the RF (5); recover weight back onto LF (6);
7&8 Step back on RF (7); step LF back next to RF (&); step forward on RF (8);

[9-16] Step forward, ½ turn pivot, forward shuffle, full turn, side rock, recover.

- 1,2 Step forward on LF (1); ½ turn over R shoulder, weight ends forward on RF (2);
3&4 Step forward on LF (3); step RF together with LF (&); step forward on LF (4);
5,6 ½ turn, over L shoulder, stepping back on the RF (5); ½ turn, over L shoulder, stepping forward on the LF (6);
7,8 Rock RF to R side (7); recover weight to LF (8);

