

The Yellow And Green

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - July 2018
音樂: Shotgun - George Ezra



#16 count intro – approx. 8secs – 3mins 21 secs – 116bpm - No Tags Or Restarts

Music available: Amazon

[1-8] R fwd, L kick ball step, L fwd, R fwd rock/recover, R back lock (alternatively R shuffle back)

1-2&3 Step R forward, kick L forward, step L together, step R forward
4-6 Step L forward, rock R forward, recover weight on L
7&8 Step R back, lock L over R, step R back alternatively R shuffle back

[9-16] ¼ L strut, ½ L shuffle, ½ L shuffle, R cross rock/recover

1-2 Turning ¼ left touch L toes side, step L heel down (9 o'clock)
3&4 Turning ½ left step R side, step L together, step R side (3 o'clock)
5&6 Turning ½ left step L side, step R together, step L side (9 o'clock)
7-8 Cross rock R over L, recover weight on L

[17-24] R ball cross hold, R ball cross R side, L sailor, R sailor step fwd

&1-2 Step R side, cross step L over R, hold
&3-4 Step R side, cross step L over R, step R side
5&6 Cross step L behind R, step R side, step L side
7&8 Cross step R behind L, step L side, step R forward

[25-32] L fwd, hold, R together, L fwd, R fwd, L fwd rock/recover, ½ L shuffle

1-2& Step L forward, hold, step R together
3-6 Step L forward, step R forward, rock L forward, recover weight on R
7&8 Turning ½ left step L forward, step R together, step L forward (3 o'clock)

[33-40] R & L apart, R in & L cross, R side, L kick ball cross, L side, R behind-side-cross

&1&2 Step R apart, step L apart, step R together, cross step L over R
3-4 Step R side, kick L on left diagonal
&5-6 Step L back, cross step R over L, step L side
7&8 Cross step R behind L, step L side, cross step R over L

[41-48] L side, touch R tog, R ball cross, R side, L touch back, unwind ¾ L weight on L, R together, L shuffle fwd

1-2 Step L side, touch R together
&3-4 Step R back, cross step L over R, step R side
5-6 Touch L behind R, turning ¾ left step L heel down (6 o'clock)
&7&8 Step R together, step L forward, step R together, step L forward

[49-57] R & L fwd syncopated rock/recovers, R fwd, ½ L pivot turn, ¼ L & R side, L behind, R side ball cross

1-2& Rock R forward, recover weight on L, step R together
3-4& Rock L forward, recover weight on R, step L together
5-6 Step R forward, pivot ½ left (12 o'clock)
7-8&1 Turning ¼ left step R side, cross step L behind R, step R side, cross step L over R (9 o'clock)

[58-64] ¼ R & R fwd, ¼ R & L side, R behind, L ball cross, ¼ L & L fwd, R fwd, ½ L pivot turn

2-3 Turning ¼ right step R forward, turning ¼ right step L side (3 o'clock)
4&5 Cross step R behind L, step L side, cross step R over L

6-8 Turning $\frac{1}{4}$ left step L forward, step R forward, pivot $\frac{1}{2}$ left (6 o'clock)

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