

Ahead of Myself

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kirsteen Currie (UK) - August 2018
音樂: Ahead of Myself - Jamie Lawson



Intro: 16 count

Restart: wall 2 - dance the first 8 counts and restart the dance **

Walk, walk, anchor step, 3/4 turn left, behind, side, cross

1-2 Walk forward right, Walk forward left
3&4 Step right behind left, Step left in place, Step right back
5-6 1/2 turn left Stepping left forward, 1/4 turn left Stepping right to side
7&8 Step left behind right, Step right to right side, cross left over right **

Touch out, in, Step, behind, 1/4 turn right, Step forward, Step 1/2 turn left, full turn shuffle

1&2 Touch right toe out, touch right toe beside left, step right to right side
3&4 Step left behind right, 1/4 turn right Stepping right forward, Step left forward
5-6 Step forward right, 1/2 turn left
7&8 Full turn shuffle left travelling forward Stepping right, left, right
(Easy option: right shuffle forward)

Mambo forward, coaster step, cross, back, chasse

&1&2 Step left next to right, rock forward on right, recover on left, step right next to left
3&4 Step back on left, step right next to left, step forward on left
5-6 Cross right over left, step back on left
7&8 Step right to right side, Step left next to right, Step right to right side

Rock, recover, 3/4 turn shuffle, side rock & side rock

1-2 Rock forward left, recover on right
3&4 *3/4 turn shuffle left Stepping left, right, left
5-6& Rock right to right side, recover on left, step right next to left
7-8& Rock left to left side, recover on right, Step left next to right
