

Leave A Trace

拍數: 48 牆數: 2 級數: Improver
編舞者: José Miguel Belloque Vane (NL) - October 2018
音樂: Love What You've Done With the Place - Rascal Flatts



Starts after 16 counts from first beat in music

[1 – 8] Step R side , together , shuffle R , step side L , Step R back , shuffle ½ turn L.

1 - 2 Step R to R side (1), Step L next to R (2), 12:00
3&4 Step R forward (3), Step L next R (&), step R forward (4) 12:00
5 – 6 Step L to L side (5), step R back (6) 12:00
7&8 ¼ turn L step L side (7), step R next to L (&) ¼ turn L step L forward (8) 6:00

[9 – 16] Rocking chair , Pivot ½ turn L , walk R walk L.

1 – 2 Rock R forward (1), Recover on L (2) 6:00
3 - 4 Rock R back (3), Recover on L (4) 6:00
5 - 6 Step R forward (5), ½ turn L Recover on L (6) 12:00
7 - 8 Step R forward (7), step L forward (8) 12:00

Restart in wall 3 after 16 counts facing 12:00

[17 – 24] Rock step ¼ turn L , Shuffle R forward , Step L forward , ½ recover R , Shuffle L forward.

1 -2 Rock R to R side (1), ¼ turn L Recover on L (2) 9:00
3&4 Step R forward (3), step L next to R (&), step R forward (4) 9:00
5-6 Step L forward (5), ½ turn R Recover R (6) 3:00
7&8 Step L forward (7), step R next to L (&), step L forward (8) 3:00

[25 – 32] ¼ turn L Paddle turn , ¼ turn L Paddle turn , Jazz box , Cross .

1-2 Step R forward (1) , ¼ turn L Recover L (2) 12:00
3-4 Step R forward (3) , ¼ turn L Recover L (4) 9:00
5 – 6 Cross R over L (5), step L back (6) 9:00
7 – 8 Step R to R side (7), cross L over R (8) 9:00

[33 – 40] Step R side , Touch , step L side , Touch , Shuffle ¼ turn R , shuffle L left side.

1 - 2 Step R to R side (1) , Touch L next to R (2) 9:00
3 - 4 Step L to L side (3), Touch R next to L (4) 9:00
5&6 Step R to R side (5), Step L next To R (&) 1/4 turn R Step forward (6) 12:00
7&8 Step L to L side (7), Step R next to L (&), step L to L side (8) 12.00

Restart in wall 4 after 40 counts facing 12:00

[41 – 48] Rockstep R Back , Rockstep R forward , ½ Shuffle R, Shuffle L forward.

1 – 2 Step R back (1), Recover (2) 12:00
3 – 4 Rock R forward (3), Recover L (4), 12:00
5&6 ¼ turn R step R side (5) , step L next to R (&), ¼ turn R Step R forward (6) , 6:00
7&8 Step L forward (7), step R next to L (&), Step L forward (8) 6:00

START AGAIN!

Last Update - 24th Oct. 2018