

Resist

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - December 2018
音樂: Resist - Shary-An



Intro: 40 Counts

Sec 1: Step fwd, Touch, & Step Back, Heel, & Touch, Back Rock, Recover, Shuffle fwd

1-2 RF. Step fwd - LF. Touch toe beside RF
&3&4 LF. Step back - RF. Dig heel fwd - RF. Step beside LF. LF. Touch toe beside RF
5-6 LF. Back rock - RF. Recover
7&8 LF. Step fwd - RF. Step together - LF. Step fwd

Sec 2: 1/4 Turn L, Touch, & Step L Diagonal Back, Touch, & Step R Diagonal Back, Touch, Back Rock, Recover, Kick-Ball-Cross

1-2 RF. 1/4 Turn L step side - LF. Touch toe beside RF (9:00)
&3&4 LF. Step diagonal L back - RF. Touch toe beside LF - RF. Step diagonal R back - LF. Touch toe beside RF
5-6 LF. Back rock - RF. Recover
7&8 LF. Kick diagonal L fwd - LF. Step beside RF - RF. Cross over LF

Sec 3: Side Rock, Recover, Behind-Side-Cross, 1/2 Turn R into Cross Shuffle, Step Side, Touch

1-2 LF. Side rock - RF. Recover
3&4 LF. Cross behind RF - RF. Step side - LF. Cross over RF
5&6 RF. 1/2 Turn R cross over LF - LF. Step side - RF. Cross over LF (3:00)
7-8 LF. Step side - RF. Touch toe beside LF

Sec 4: Behind, Side, Cross Shuffle, 1/4 Turn R, Step Together, Step-Lock-Step

1-2 RF. Cross behind LF - LF. Step side
3&4 RF. Cross over LF - LF. Step side - RF. Cross over LF
5-6 LF. 1/4 Turn R step back - RF. Step together (6:00)
7&8 LF. Step fwd - RF. Lock behind LF - LF. Step fwd

Sec 5: Volta Steps with 1/2 Turn R, Volta Steps with 3/4 Turn L

1&2& RF. 1/8 Turn R step fwd (7:30) - LF. Lock behind RF - RF. 1/8 Turn R step fwd (9:00) - LF. Lock behind RF
3&4 RF. 1/8 Turn R step fwd (10:30) - LF. Lock behind RF - RF. 1/8 Turn R step fwd (12:00)
5&6& LF. 1/4 Turn L step fwd (9:00) - RF. Lock behind LF - LF. 1/8 Turn L step fwd (7:30) - RF. Lock behind LF
7&8 LF. 1/8 Turn L step fwd (6:00) - RF. Lock behind LF - LF. 1/4 Turn L step fwd (3:00)

Sec 6: Cross Rock, Recover, Chasse, Cross Rock, Recover, Chasse with 1/4 Turn L

1-2 RF. Cross rock over LF - LF. Recover
3&4 RF. Step side - LF. Step together - RF. Step side
5-6 LF. Cross rock over RF - RF. Recover
7&8 LF. Step side - RF. Step together - LF. 1/4 Turn L step fwd (12:00)

Sec 7: Skate R fwd, Skate L fwd, Kick-Ball-Step, Rock fwd, Recover, Shuffle 1/2 Turn R

1-2 RF. Skate fwd - LF. Skate fwd
3&4 RF. Kick fwd - RF. Step together - LF. Step fwd
5-6 RF. Rock fwd - LF. Recover
7&8 Shuffle 1/2 turn R stepping R,L,R (6:00)

Sec 8: Step fwd, 1/4 Turn R, Cross, Point, R Sailor Step, L Sailor Step

1-2-3-4 LF. Step fwd - 1/4 Turn R - LF. Cross over RF - RF. Point toe to R side (9:00)

5&6 RF. Cross behind LF - LF. Step side - RF. Step side

7&8 LF. Cross behind RF - RF. Step side - LF. Step fwd

Start Again

Contact: marja42@kpnmail.nl / co4ol72@kpnmail.nl
