

10 Years

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Silvia Schill (DE) - January 2019
音樂: Yours - Kevin Maines : (Album: What I Am - Amazon)



Alternative Music: Another Miles, Nico Sings (www.nicosingscountry.de)

The dance begins with the vocals

Side, Close, Step, Hold, Side, Close, Back, Hook

1-2 Step to R with RF, LF beside RF
3-4 Step forward with RF, hold
5-6 Step to L with LF, RF beside LF
7-8 Step back with LF, cross RF before L shin

Looking Shuffle Forward, Hold, Step, ¼ Turn R, Cross, Hold

1-2 Step forward with RF, cross LF behind RF
3-4 Step forward with RF, hold
5-6 Step forward with LF, ¼ turn R (3 o'clock)
7-8 Cross LF over RF and hold

Side, Behind, Side, Cross, Monterey ¼ R

1-2 Step to R with RF, LF cross behind RF
3-4 Step to R with RF, cross LF over RF
5-6 Tip R toe to R, RF beside LF while ¼ turn R (6 o'clock)
7-8 Tip L toe to L, LF beside RF (weight back on LF)

Restart: In the 4th round (6 o'clock) stop here and start over again

Rocking Chair, Step ½ Turn L, Step, Hold

1-2 RF forward, raise LF slightly and weight on LF
3-4 RF to the back, raise LF slightly and weight on LF
5-6 Step forward with RF, ½ turn L (12 o'clock)
7-8 Step forward with RF, hold

Tag: In the 2nd round (6 o'clock) stop here and Stomp l and Stomp up r (weight remains on LF)

Tag: In the 6th round (12 o'clock) here break off and Stomp l and Stomp up r (weight remains on LF)

Walk around ½ Turn R (L-R-L), Hold, Walk around ½ Turn R (R-L-R), Hold

1-4 *3 steps walk with a ½ turn around right, walk LF, walk RF, walk LF, Hold (6 o'clock)
5-8 *3 steps walk with a ½ turn around right, walk RF, walk LF, walk RF, Hold (12 o'clock)

Rock Forward, ¼ L, Side, Hold, Cross Side Cross, Hold

1-2 Step forward with LF, weight back on the RF
3-4 ¼ Turn L, step L with LF, hold (9 o'clock)
5-6 Cross RF far over the LF, LF step to L with LF
7-8 Cross RF over the LF, hold ¼

Turn R, ¼ Turn R, Cross, Hold, Side Touch R + L

1-2 LF backwards with ¼ turn (12 o'clock), RF with ¼ turn to R (3 o'clock)
3-4 LF cross over RF, hold
5-6 RF to R, touch LF next to RF
7-8 LF to L, touch RF next to LF

Coaster Step, Hold, Scissor Step ¼ Turn R, Hold

1-2 RF backwards, LF beside RF
3-4 Step forward with RF, hold
5-6 Step forward with LF, ¼ turn R (using the RF to the LF) (6 o'clock)
7-8 LF cross over RF, hold

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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