Coming Along



編舞者: Heidi Cronjé (SA) - June 2019 音樂: Coming Along - Sunset Sweatshop



Intro: 8 counts

SECTION 1: R DIAGONAL ROCK WITH SWAY, R DIAGONAL CHASSE. L DIAGONAL ROCK WITH SWAY, L DIAGONAL CHASSE

1-2 Rock fwd R slightly on the diagonal pushing hip fwd, recover weight back onto L pushing hip

back

3&4 Step R slightly towards R diagonal, step L slightly behind R and step R slightly towards R

diagonal

5-6 Rock fwd L slightly on the diagonal pushing hip fwd, recover weight back onto R pushing hip

back

7&8 Step L slightly towards L diagonal, step R slightly behind L and step L slightly towards L

diagonal

SECTION 2: OUT, OUT, IN, IN, ROCK BACK, RECOVER, STEP, STEP

1-2 Step R fwd on R diagonal, Step L fwd on L diagonal

3-4 Step R back to centre, Step L next to R

5-6 Rock R back, Recover on L7-8 Step R fwd, Step L fwd

*** Restart here during wall 3

SECTION 3: ROCKING CHAIR, ½ L PIVOT, 1/4 L PIVOT

1-2 Rock R fwd, Recover on L3-4 Rock R back, Recover on L

5-6 Step R fwd, pivot ½ L (shifting weight to L) – 6 o' clock 7-8 Step R fwd, pivot ¼ L (shifting weight to L) – 3 o' clock

SECTION 4: JAZZ BOX, STEP, POINT, CROSS, POINT

1-4 Step R across L, Step L back, Step R to side, Step L next to R

5-6 Step R across L, point L to side7-8 Step L across R, point R to side

Start Again. Enjoy!

Restart the dance during wall 3 after count 16 (facing 6 o' clock) Ending: Dance ends facing 12 o' clock, no special ending required

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