

Sighs

拍數: 64 牆數: 2 級數: Improver
編舞者: Cheryl Levin (USA) - June 2019
音樂: Almost Hear You Sigh - The Rolling Stones : (Remastered - Amazon)



R V STEP, R SHUFFLE FORWARD, ½ PIVOT TURN R

1-4 Right step out, left step out, right step in, left step in (45 degree angles)
5-8 Shuffle forward right, left, right, step forward left, ½ pivot turn to right, right step

L V STEP, L SHUFFLE FORWARD, ½ PIVOT TURN R

1-4 Left step out, right step out, left step in, right step in (45 degree angles)
5-8 Shuffle forward left, right, left, step forward right, ½ pivot turn to left, left step

R SIDE ROCK, CROSS AND CROSS TO L, L VINE

1-4 Rock right, recover left, cross right over left, step left, step right over left
5-8 Vine, left, right behind, left, right step

L SIDE ROCK, CROSS AND CROSS TO R, R VINE

1-4 Rock left, recover right, cross left over right, step right, step left over right
5-8 Vine, right, left behind, right, left step

2 R KICK BALL CHAINS, STEP RIGHT, BEHIND, AND HEEL AND CROSS

1-4 Right kick, right step back, left step forward (2X)
5, 6, &7&8 Step right, left behind, step right, left heel, left step, right cross over left

2 L KICK BALL CHAINS, STEP LEFT, BEHIND, AND HEEL AND CROSS

1-4 Left kick, left step back, right step forward (2X)
5, 6, &7&8 Step left, right behind, step left, right heel, right step, left cross over right

2 KICKS FORWARD, 2 KICKS SIDEWAYS, 2 KICKS FORWARD, R KICK, R HITCH

1-4 Low kicks forward, right, left. Low kicks sideways, right, left
5-8 Low kicks forward, right, left. R kick forward, R hitch

2 STEPS FORWARD, SHUFFLE FORWARD R, SHUFFLE TURN, R BACK ROCK, RECOVER L

1-4 Step right, step left, shuffle forward right, left, right
5-8 Shuffle turn toward right, left, right left, rock back on right, recover on left

REPEAT ON BACK WALL

RESTART ON WALL 3, AFTER COUNT 30 RESTART WITH R V STEP

Can also be danced to "Walking After Midnight" by Cindy Lauper

Can also be danced to "Disco Inferno" by the Trammps, with one tag and two restarts.

Can also be done to "Boogie Fever" by the Sylvers, but with no restart.

Any questions? cplevin@gmail.com Have fun dancing!

Last Update: 6 Jun 2023