A Little Southbound

拍數: 48

級數: Intermediate

編舞者: Cathy Breed (AUS) - July 2019

音樂: Southbound - Carrie Underwood : (Album: Cry Pretty - iTunes)

Intro: 8 Counts, Weight on left - Starts on the word "We" Side, Behind, Side, Heel, Together, Cross, ¼, Coaster, Ball Step Step R to right, Step L behind right, Step R to right 1 2 & 3&4 Touch L Heel to left diagonal, Step L beside right, Step R across left 56&7 Turn ¼ right step L back, Step R back, Step L beside right, Step R forward (3) 88 Step L beside right, Step R forward Step, Pivot, 1/2 Shuffle, Back, Rock, Shuffle 12 Step L forward, Pivot 1/2 right stepping into R 3&4 Turn ¹/₂ right step back on R, Step L beside right, Step R back (3) 56 Step R back, Rock forward onto L 7&8 Step R forward, Step L beside right, Step R forward (3) Step, Stomp, 1/4 Bounce x 3, Sailor, Behind, Side, Across 12 Step L forward, Stomp R forward 3&4 Turn ¹/₄ Left bouncing on balls of both feet x 3 (finishing weight R) 5&6 Step L behind right, Step R to right, Step L to left 7&8 Step R behind left, Step L to left, Step R across in front of left (12) Side, Hinge, Shuffle, Cross, Back, Together, Step, Scuff Rock L to left, Rock/Recover onto R 12 3&4 Turn ¹/₂ left step L to left, Step R beside left, Step L to left (6) 56& Step R across left, Step L back, Step R beside left 78 Step L forward, Scuff R forward (6) Rock, Recover, 1/2 Turn, 1/2 Turn, Back, Rock, Kick, Ball, Step 12 Step R forward, Rock/Recover onto L 34 1/2 turn right step R forward, 1/2 turn right step L back 56 Step R back, Rock/Recover onto L 7&8 Kick R forward, Step R beside left, Step L forward (6) Forward, Rock, Side, Rock, Back, Rock, Touch, Behind, ¼, Step, Pivot ¾ 1&2& Step R forward, Rock/Recover onto Left, Rock R to right, Rock/Recover onto L 3&4 Step R back, Rock/Recover onto L, Point R to right side 56 Step R behind left, Turn ¼ left step L forward (3) 78 Step R forward, Turn ³/₄ left keeping weight L (6) Start Dance Again - Enjoy! Tag/Restart - On Wall 3, dance to Count 32 then add the following 4 Steps Push Hips R,L,R,L then Restart Dance

Free to be copied provided no changes are made to the original choreography. Cathy Breed - 0414 951 207 - c.breed@bigpond.com





牆數: 2