

# Spin Cycle

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Lindsay Stamp (USA) - February 2020  
音樂: 1, 2 Many - Luke Combs & Brooks & Dunn



## #16 count Intro

### (1-8) Right Foot Lead

1, 2      Point right toe beside left foot, step right. Point left toe beside right foot  
&3, &4      Step left, put right heel out. Step right together, bring left toe beside right foot  
&5, &6      Step left, put right heel out. Step right together, Step left  
&7, &8      Step Right, Put left heel out. Step left together, Stomp right foot beside left

### (9-16) Right Foot Lead

1, 2      Rock/Stomp Right forward, recover left  
3, 4      Rock/Stomp Right backwards, recover left  
5, 6, 7, 8      Walk forward right, left, right, left

### (17-24) Right Foot Lead

1, 2      Rock forward right, recover left  
3, &4      Shuffle backwards – right, left, right  
5, 6      Half turn counterclockwise step down with left foot, Half turn counterclockwise step down with right foot  
7, 8      Half turn counterclockwise step down with left foot, Bring right foot beside left

### (25-32) Right Foot Lead

1, 2      Monterey turn  $\frac{1}{4}$  clockwise. Point right toe right, Step right together as you make a  $\frac{1}{4}$  turn  
3, 4      Complete Monterey turn. Point left toe to the left, Step left together  
5, 6      Monterey turn  $\frac{1}{2}$  clockwise. Point right toe right, Step right together as you make a  $\frac{1}{2}$  turn  
7, 8      Complete Monterey turn. Point left toe to the left, Step left together

### (33-40) Right Foot Lead

1, 2      Rock forward Right, recover left  
3, 4      Point right foot backwards, pivot backwards  $\frac{1}{2}$  turn clockwise. Step right  
5, 6      Full turn clockwise. (Step left for  $\frac{1}{2}$ , step right for  $\frac{1}{2}$ )  
7, &8      Shuffle forward. Left, right, left

### (41-48) Right Foot Lead

1, &2      Rock sideways right, recover left. Step right  
3, &4      Rock sideways left, recover right. Step left  
5, 6      Rock sideways right, recover left  
7, 8      Turn  $\frac{1}{2}$  clockwise stepping down on right. Turn  $\frac{1}{2}$  clockwise stepping down on left

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