

The Chase (P)

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Kevin and Meléna Richards (USA) - March 2020
音樂: Chasin' Me - Caroline Jones



Starting position: Facing FLOD in sweetheart position. Dance start after 48 beats, with lyrics

(1-8) Shuffle forward x4

1&2 Shuffle forward R, L, R
3&4 Shuffle forward L, R, L
5&6 Shuffle forward R, L, R
7&8 Shuffle forward L, R, L

(9-16) Rock, recover and turn to face, rock, recover, step, step together

1, 2 [Man] Rock RF forward, recover weight to LF
3, 4 ½ turn right step RF, step together LF
5, 6 Rock RF back, recover LF (Lady- opposite footwork)
7, 8 Step RF next to LF, step LF in place (Lady- opposite footwork)

1, 2 [Lady] Rock RF forward, recover weight to LF
3&4 Shuffle back R, L, R
5, 6 Rock LF back, recover RF
7, 8 Step LF next to RF, step RF in place

(17-24) Walk forward/backward with hand holds x4

1, 2 [Man] Step RF forward and release top hand, hold and rejoin underneath
3, 4 Step LF forward and release top hand, hold and rejoin underneath
5, 6 Step RF forward and release top hand, hold and rejoin underneath
7, 8 Step LF forward and release top hand, hold and rejoin underneath

1, 2 [Lady] Step LF back and release top hand, hold and rejoin underneath
3, 4 Step RF back and release top hand, hold and rejoin underneath
5, 6 Step LF back and release top hand, hold and rejoin underneath
7, 8 Step RF back and release top hand, hold and rejoin underneath

(25-32) Rock, recover, ¼ turn outside, weave and spin

1, 2 [Man] Rock RF forward, recover LF
3, 4 Step RF back, ¼ turn left step LF to left, facing outside LOD
5, 6 Step RF across LF, side step LF to left
7, 8 Step RF behind LF, ¼ turn left step LF facing LOD

1, 2 [Lady] Rock LF back, recover RF
3&4 Side shuffle L, R, L making ¼ turn right, facing outside LOD
5, 6 Step RF over LF, step LF forward making ¼ turn left
7, 8 Step RF back making ½ turn left, step LF forward making ½ turn right, facing LOD