Not This Time

拍數: 48

級數: Low Intermediate - Pulse ECS

編舞者: Ronald "RONNIE" Grabs (DE) - June 2020

音樂: If I Ever Get You Back - Morgan Wallen

SIDE CHASSE / ROCK BEHIND / SIDE CHASSE / ROCK BEHIND

- 1&2 RF step to R side, LF step next to RF, RF step to R side,
- 3,4 LF rock behind RF, recover weight forward onto RF,
- 5&6 LF step to L side, RF step next to LF, LF step to L side,
- 7,8 RF rock behind LF, recover weight forward onto LF,

CHASSE BOX: 4x 1/4 L w. SIDE CHASSE

- 1&2 turn 1/4 L (9:00) stepping RF to R side, LF step next to RF, RF step to R side,
- 3&4 turn 1/4 L (6:00) stepping LF to L side, RF step next to LF, LF step to L side,
- 5&6 turn 1/4 L (3:00) stepping RF to R side, LF step next to RF, RF step to R side,
- 7&8 turn 1/4 L (12:00) stepping LF to L side, RF step next to LF, LF step to L side,

CROSS ROCK / HOP-BIG SIDE SLIDE w. DRAG / SAILOR STEP / SAILOR 1/4 TURN R

- 1,2 RF cross rock over LF, recover weight back onto LF,
- &3-4 do a small hop on place with LF, RF big step to R side dragging LF next to RF,
- 5&6 LF cross step behind RF, RF step to R side, LF step to L side,
- 7&8 RF cross step behind LF, turn 1/4 R (3:00) stepping LF next to RF, RF step forward,

1/4 R w. SIDE CHASSE / ROCK BEHIND / SYNC. VINE w. 1/4 R / BRUSH

- 1&2 turn 1/4 R (6:00) stepping LF to L side, RF step next to LF, LF step to L side,
- 3,4 RF cross rock behind, recover weight forward onto LF,
- 5,6&7 RF step to R side, LF step behind RF, turn 1/4 R (9:00) stepping RF forward, LF step forward,
- 8 brush RF forward,

FWD. SHUFFLE / STEP-1/2 PIVOT R / FWD. SHUFFLE / STEP-1/4 PIVOT L

- 1&2 RF step forward, LF step next to RF, RF step forward,
- 3,4 LF step forward, turn 1/2 R (3:00) changing weight onto RF,
- 5&6 LF step forward, RF step next to LF, LF step forward,
- 7,8 RF step forward, turn 1/4 L (12:00) changing weight onto LF,

2x FWD TOE STRUT w. 1/4 L / 2x KICK-BALL-STEP w. 1/4 L

- 1,2 press forward with ball of RF, RF step forward,
- 3,4 turn 1/4 to L (9:00) pressing forward with ball of LF, LF step forward,
- 5&6 turn 1/8 to L (7:30) kicking RF forward, ball step with RF next to LF, LF step slightly forward,
- 7&8 turn 1/8 to L (6:00) kicking RF forward, ball step with RF next to LF, LF step slightly forward,

REPEAT





.

牆數:2