

Back in the 405

拍數: 32 牆數: 4 級數: Improver
編舞者: Gail Eaton & Jennifer Hanson - July 2020
音樂: Back in the 405 - Toby Keith : (iTunes)



Start on Lyrics - 1 Restart – Wall 6 After 28 counts

(1-8) Walk forward R, L, Mambo Step, Coaster Cross, Step Side, Drag

1,2 Walk Forward RF (1) Walk Forward LF (2)
3&4 Mambo forward R,L,R (3&4)
5&6 Coaster Cross (L,R,L) (5&6)
7-8 Step RF for to side (7) Drag LF to Right (keep weight on RF) (8)

(9-16) Rock, Recover, ½ turn shuffle, ¼ side shuffle, Behind, Side, Cross

9,10, LF Rock Forward (9) Recover weight on RF (10)
11&12 ½ turning shuffle over left shoulder (L,R,L) (11&12) 6:00
13&14 ¼ turning side shuffle right (R,L,R) (13&14) 3:00
15&16 Step LF Behind RF (15) Step RF to side (&) Step LF over RF (16)

(17-24) Side Rock Recover, Crossing Shuffle, ¾ Turn, Shuffle Forward

17,18, Rock RF to the Side (17) Recover weight to LF (18)
19&20 Cross RF over LF (19) Step LF to side (&) Step RF over LF (20)
21,22 Step back ¼ with LF (21) Step forward ½ RF (22) 12:00
23&24 Shuffle Forward L,R,L (23&24)

(25 – 32) Rocking Chair (or two ½ turns), Jazz Box ¼ turn

25 – 28 Rock Forward RF (25) Recover weight LF(26) Rock back RF(27) Recover weight LF(28)

Restart Here Wall 6

29-32 Cross RF over LF (29) Step LF Back turning ¼ right (30) Step RF to Side(31) Step LF next to RF(32)

Contact: onthedancefloorwithgail@gmail.com or jennifer@dancetheline.net