

The Ghost

拍數: 32 牆數: 4 級數: High Improver
編舞者: Hayley Wheatley (UK) - September 2020
音樂: A Ghost - Travis : (Amazon & iTunes)



S1: FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER, TOUCH, OUT, OUT, BEHIND SIDE CROSS, MAMBO TO DIAGONAL

1&2& Rock Fwd on RF (1), Recover (&), Rock RF to R side (2), Recover (&)
3&4 Touch R Toe beside LF (3), Step RF out (&), Step LF out (4)
5&6 Step RF behind L (5), Step LF to L side (&), Step RF across L making 1/8 Turn (6) (10:30)
7&8 Rock fwd on LF (7), Recover on RF (&), Step back on LF (8)

S2: WALK BACK, LOCK STEP BACK, COASTER STEP INTO LOCK STEP, LOCK STEP, STEP SIDE

1, 2&3 Step back on RF (1), Step back on LF (2), Lock RF over LF (&), Step back on LF (3)
4& Step back on RF straightening up to 12:00 (4), Close LF beside RF (&) (12:00)
5&6 Step fwd on RF (5), Lock LF behind RF (&), Step fwd on RF (6)
&7& Step fwd on LF (&), Lock RF behind LF (7), Step fwd on LF (&)
8 Step RF to R side

S3: CROSS STEP, QUARTER TURN, CHASSE, ROCKING CHAIR, RUNS FORWARD

1,2 Cross LF over RF (1), Step back on RF making ¼ turn L (2) (9:00)
3&4 Step LF to L side (3), Close RF beside LF (&), Step LF to L side (4)
5&6& Rock fwd on RF (5), Recover n LF (&), Rock back on RF (6), Recover on LF (&)
7&8 Run Fwd on RF(7), Run fwd on LF (&), Run fwd on RF (8),

S4: MAMBO ½ TURN, REVERSE HALF TURN, STEP HEEL, STEP TOUCH, STEP, FORWARD COASTER ROCK

1&2 Rock fwd on LF (1), Recover on RF (&), Make ½ turn L stepping fwd on LF (2) (3:00)
3&4 Step fwd on RF (3), Make ½ turn R stepping back on LF (&), Step back on RF (4) (9:00)
&5&6& Step back on LF (&), Tap R heel fwd (5), Step fwd onto RF (&), Touch L toe beside RF (6)
Step back on LF (&)
7&8& Step back on RF (7), Close LF beside RF (&), Rock fwd onto RF (8), Recover onto LF(&)

TAG: TOUCH TOE OUT, IN OUT, SAILOR ¼ TURN, TOUCH TOE OUT, IN, OUT, SAILOR ¼ TURN (Occurs at the end of wall 1 facing 9:00 and wall 4 facing 12:00)

1&2 Touch R toe out (1), Touch R toe in (&), Touch R toe out (2)
3&4 Step RF behind L making ¼ turn R (3), Step LF to L side (&), Step RF to R side (4) (12:00)
5&6 Touch L toe out (5), Touch L toe in (&), Touch L toe out (6)
7&8 Step LF behind R making ¼ turn L (7), Step RF to R side (&), Step LF to L side (8) (9:00)