

# 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)