

Building Bridges

拍數: 32 牆數: 4 級數: High Improver
編舞者: Nick Goodman (UK) - September 2020
音樂: Bridges - Mickey Guyton : (3:04)



Intro: 16 count - Start with weight on the left

S1: CROSS - BACK LEFT, LOCKSTEP BACK, BACK - HOOK, STEP - CROSS L

- 1-2 Cross right over left, step back left
- 3&4 Step back right, lock across right, step back right
- 5-6 Step back left to right diagonal (1:30), hook right over left
- 7-8 Step right in place, cross left over right

S2: 1/4 PIVOT TURN LEFT, LOCK STEP FORWARD, FORWARD - 1/2 TURN BACK, HOOK - STEP

- 1-2 Rock right to right side, 1/4 turn left as you recover left (09:00)
- 3&4 Step forward right, lock left behind right, step forward right
- 5-6 Step forward left, 1/2 turn left stepping back on the right (03:00)
- 7-8 Hook left over right, step forward left (End of dance 1/4 left turn (12:00))

S3: 1/8 TURN - TOUCH SIDE - RIGHT SAILOR STEP, LEFT SAILOR STEP, FORWARD RIGHT

- 1-2 Step forward right 1/8 turn left to face the corner (1:30), touch left beside right
- 3 Step left to left side
- 4&5 Cross right behind left, step left to left side, step right to place
- 6&7 Cross left behind right, step right to right side, step left in place
- 8 Step forward right. (Wall 4 restart here changing count 24 to a right touch as you square to 12:00)

S4: CROSS, 1/4 PIVOT TURN LEFT, STEP, SHUFFLE 1/2 TURN RIGHT, BACK ROCK RECOVER

- 1 Step left over right
- 2-3 Rock right to right side, 1/4 turn left as you recover left (09:00)
- 4 Step forward right
- 5&6 1/4 turn right stepping left to left side, close right beside left, 1/4 turn right stepping back on the left (3:00)
- 7-8 Rock back on the right, recover left

Start the dance again

Restart: Wall 4 change count 24 to a right touch as you square up the 12:00 (keeping weight on the left to start the dance again)

Ending: Wall 11 dance the First 16 counts, square up to 12:00 as you step right to right side