

The Pillow

拍數: 64 牆數: 4 級數: Improver
編舞者: DJ Dan (NL) - September 2020
音樂: Send Me The Pillow You Dream On - Willy Nelson and The Boys : (Album:
Willie's Stash Vol. 2 - iTunes)



Intro: 32 counts, start on vocals

STEP SIDE, STEP TOGETHER, SHUFFLE FWD, STEP SIDE, STEP TOGETHER, SHUFFLE BACK

1-2 -3&4 Step Right to right side, Step Left beside Right, Shuffle forward stepping Right, Left, Right
5-6-7&8 Step Left to left side, Step Right beside Left, Shuffle back stepping Left, Right, Left

BACK ROCK, HEEL BALL CROSS, ROCKING CHAIR

1-2 Rock back on Right, Recover onto Left
3&4 Touch right Heel forward, Step on ball of Right next to Left, Cross Left over Right
5-6-7-8 Rock forward on Right, Recover onto Left, Rock back on Right, Recover onto Left

STEP FORWARD, PIVOT 1/4 LEFT, CROSS SHUFFLE, 1/4 TURN RIGHT x 2, CROSS ROCK

1-2-3&4 Step forward Right, Pivot ¼ turn left [9], Cross Right over Left, Step Left to left side, Cross
Right over Left
5-6 Make ¼ turn right step Left back [12], Make ¼ turn right step Right to right side [3]
7-8 Cross rock Left over Right, Recover onto Left

STEP LEFT SIDE, STEP TOGETHER, SHUFFLE FORWARD, STEP FORWARD, PIVOT 1/2 TURN LEFT, STEP FORWARD, PIVOT 1/2 TURN LEFT

1-2-3&4 Step Left to left side, Step Right beside Left, Shuffle forward stepping Left, Right, Left
5-6 Step forward Right, Pivot ½ turn left [9]
7-8 Step forward Right, Pivot ½ turn left [3]

ROCK FORWARD, 1/4 TURN RIGHT, CROSS, POINT, STEP FORWARD, POINT, STEP FORWARD

1-2-3 Rock forward on Right, Recover onto Left, Make ¼ turn right step Right to right side [6]
4-5-6-7-8 Cross Left over Right, Point right Toe to right side, Step forward Right, Point left Toe to left
side, Step forward Left

ROCK FORWARD, BALL STEP, STEP BACK X 2, BACK ROCK, BALL STEP, STEP FORWARD X 2

1-2&3-4 Rock forward on Right, Recover onto Left, Step on ball of Right next to Left, Step back Left,
Step back Right
5-6&7-8 Rock back on Left, Recover onto Right, Step on ball of Left next to Right, Step forward Right,
Step forward Left

JAZZ BOX CROSS 1/4 RIGHT, STEP SIDE, TOUCH, STEP SIDE, TOUCH

1-2-3-4 Cross Right over Left, Make ¼ turn right step back Left [9], Step Right to right side, Cross
Left over Right
5-6 Step Right to right side, Touch left Toe beside Right
7-8 Step Left to left side, Touch right Toe beside Left

ROCK FORWARD, COASTER CROSS, SIDE ROCK, CROSS

1-2 Rock forward on Right, Recover on to Left
3-4-5 Step back Right, Step Left next to Right, Cross Right over Left
6-7-8 Rock Left to left side, Recover onto Right, Cross Left over Right

Ending :

On the last wall dance up to count 14, than
Make ¼ turn right step Right to right side [12], Step Left beside Right

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