

Dance With Isa

拍數: 64 牆數: 2 級數: Improver
編舞者: Chrystel Arréou (FR) & Sylvie Tortuyaux-Villemaux (FR) - December 2020
音樂: Dance With Me - Niko Moon



Intro : 16 counts

STEP, LOCK, SHUFFLE FWD, STEP, LOCK, SHUFFLE FWD

1-2 Step fwd on R, Lock L behind R (slightly diagonally R) 1h30
3&4 Step on R fwd, Step L next to R, Step fwd on R
5-6 Step fwd on L, Lock R behind L (slightly diagonally L) 9h30
7&8 Step on L fwd, Step R next to L, Step fwd on L

SIDE ROCK, CHASSE R, ¼ TURN L & SIDE ROCK, SAILOR ¼ TURN L

1-2 Step R on R side, Recover on L
3&4 Step R on R side, Step L next to R, Step R on R side
5-6 ¼ turn L stepping L on L side, Recover on R 9h
7&8 Cross L behind R, ¼ turn L stepping R on R side, Step L on L side 6h

ROCK STEP, COASTER STEP, ROCK STEP, SHUFFLE ½ TURN L

1-2 Step fwd on R, Recover on L
3&4 Step back on R, Step L next to R, Step fwd on R
5-6 Step fwd on L, Recover on R
7&8 ½ turn L stepping L fwd, Step R next to L, Step L fwd 12h

VINE ¼ TURN R WITH SHUFFLE FWD, STEP, ½ TURN R, STEP, HOLD

1-2 Step R on R side, Cross L behind R
3&4 ¼ turn R stepping R fwd, Step L next to R, Step R fwd 3h
5-6 Step L fwd, ½ turn R 9h
7-8 Step L fwd, Hold

BALL, ROCK STEP, SHUFFLE BACK, UNWIND ½ TURN R, ¼ TURN R, SIDE ROCK CROSS

&1-2 Step R next to L, Step L fwd, Recover on R
3&4 Step back on L, Step R next to L, Step back on L
5-6 Point R behind L, ½ turn R (weight on R) 3h
7&8 ¼ turn R stepping L on L side, Recover on R, Cross L over R 6h

MODIFIED RUMBA BOX

1-2 Step R on R side, Step L next to R
3&4 Step on R fwd, Step L next to R, Step fwd on R
5-6 Step L on L side, Step R next to L
7&8 Step back on L, Step R next to L, Step back on L

BACK TOE STRUT, COASTER STEP, STEP, ½ TURN L, SHUFFLE ½ TURN L

1-2 Point R back, Drop R Heel
3&4 Step back on L, Step R next to L, Step fwd on L
5-6 Step fwd on R, ½ turn L 12h
7&8 ½ turn L stepping back on R, Step L next to R, Step back on R 6h

BACK ROCK WITH JUMP & KICK, SHUFFLE FWD, SIDE ROCK, STOMP, HOLD

1-2 Rock back on L with little jump and kicking R fwd, Recover on R
3&4 Step fwd on L, Step R next to L, Step fwd on L

5-6 Step R on R side, Recover on L
7-8 Stomp R next to L, Hold

Have fun with this dance !!

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