

Chain Gang

拍數: 32 牆數: 4 級數: Beginner
編舞者: Hiroko Carlsson (AUS) - January 2021
音樂: Chain Gang - Sam Cooke



(Dance starts on the lyrics, "That's the sound of the men")

[S1] Cross Shuffle, 1/4R-1/4R, Cross Rock, Side, Together

1&2 Cross R over L, Step L close to R, Cross R over L
3 4 Make a 1/4 turn right stepping back on L, Make a 1/4 turn right stepping R to the side (6:00)
5 6 Rock L across R, Recover weight on R
7 8 Big step L to the side, Step R next to L

[S2] Rocking Chair, Step-Pivot 1/2R, Fwd-Scuff

1 2 Rock forward on L, Recover weight on R
3 4 Rock back on L, Recover weight on R
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (12:00)
7 8 Step forward on L, Scuff forward on R**

[S3] Fwd Rock-Coaster Step, Heel Grind 1/4L-Coaster Step

1 2 Rock forward on R, Recover weigh on L
3&4 Step back on R, Step L next to R, Step forward on R
5 6 Rock forward on L heel w/toes turned in, Rotate toes out making 1/4 turn left while recovering back on R (9:00)
7&8 Step back on L, Step R next to L, Step forward on L

[S4] 2x Scuff-Cross-Back-Side

1 2 Scuff forward on R, Cross R over L
3 4 Step back on L, Step R to the side
5 6 Scuff forward on L, Cross L over R
7 8 Step back on R, Step L to the side

Restart on Wall 6 count 16** (9:00)

The last wall - Dance up to 16 count (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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