

The Bakery

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - February 2021
音樂: The Bakery - Melanie Martinez : (Spotify / iTunes)



(Dance starts with lyrics)

[S1] Fwd Rock-Back-Together, Fwd, Step-Pivot 1/2R-Fwd

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

[S2] Full Turn L, Step-Pivot 1/2L, Step-Pivot 1/4L, Cross, Side

1 2 Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (6:00)
3 4 Step forward on R, Make a 1/2 turn left recover weight on L (12:00)
5 6 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
7 8 Cross R over L, Step L to the side

[S3] Back Rock, Touch-Ball-Fwd, Touch-&-Touch-&, Shuffle Fwd

1 2 Rock back on R, Recover weight on L
3&4 Touch forward on R, Step R beside L, Step forward on L
5&6& Touch forward on R, Step R beside L, Touch forward on L, Step L beside R
7&8 Shuffle forward on R-L-R

[S4] Step-Pivot 1/2R, Shuffle Fwd, Fwd Rock, Reverse Pencil 3/4L-Together

1 2 Step forward on L, Make a 1/2 turn right recover weight on R
3&4 Shuffle forward on L-R-L
5 6 Rock forward on R, Recover weight on L
7 8 Step back on R making a 3/4L reverse pencil turn (on ball of R foot), Step L together** (6:00)

[S5] 2x Diagonal Fwd-Heel & Toe Walk In, Step-Pivot 1/2L, Shuffle Fwd

1&2& Step diagonally forward on R, Swivel L heel in, Swivel L to in, Swivel L heel in-weight on R
3&4& Step diagonally forward on L, Swivel R heel in, Swivel R to in, Swivel R heel in-weight on L
5 6 Step forward on R, Make a 1/2 turn left recover weight on L (12:00)
7&8 Shuffle forward on R-L-R

[S6] 2x Diagonal Fwd-Heel & Toe Walk In, Step-Pivot 1/2R, Shuffle Fwd (Repeat S5, starting on your L foot)

1&2& Step diagonally forward on L, Swivel R heel in, Swivel R to in, Swivel R heel in
3&4& Step diagonally forward on R, Swivel L heel in, Swivel L to in, Swivel L heel in
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
7&8 Shuffle forward on L-R-L

Restart on Wall 4 count 32** (12:00) and Wall 5 count 32** (6:00)

Ending - Wall 6, Dance up to count 32 (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 3/Feb/21)