

Seven Tears

拍數: 32 牆數: 4 級數: Improver
編舞者: Runa (DK) - February 2021
音樂: Seven Tears - Goombay Dance Band : (iTunes)



Intro: 32 c

S1. Fwd coaster-step, coaster-step, side mambo x 2 (R-L)

1&2 Step fwd on R, step L beside R, step back on R
3&4 Step back on L, step R beside L, step fwd on L
5&6 Rock R to R side, recover on L, step R beside L
7&8 Rock L to L side, recover on R, step L beside R

S2. Butterfly

1&2 Step R to R side, step L beside R, step R to R side
3&4 Step fwd on L $\frac{1}{4}$ turn R, step R beside L, step L to L side (3:00)
5&6 Step back on R $\frac{1}{4}$ turn R, step L beside R, step R to R side (6:00)
7&8 Step fwd on L $\frac{1}{4}$ turn R, step R beside L, step L to L side (9:00)

S3. Cross-shuffle, side, vaudeville, cross, side, behind, point

1&2& Cross R over L, step L to L side, cross R over L, step L to L side
3&4& Cross R over L, step L to L side, touch R heel diag fwd, step R beside L
5-6 Cross L over R, step R to R side
7-8 Step L behind R, point R to R side

S4. Sailor-step $\frac{1}{4}$ turn R, fwd shuffle, fwd mambo, $\frac{1}{4}$ turn R, fwd shuffle

1&2 Step R behind L $\frac{1}{4}$ turn R, step L to L side, step R to R side (12:00)
3&4 Step fwd on L, step R beside L, step fwd on L
5&6 Rock fwd on R, recover on L, $\frac{1}{4}$ turn R stepping R fwd (3:00)
7&8 Step fwd on L, step R beside L, step fwd on L

Tag End of Wall 1 facing 3:00

Rocking-chair

1-2 Rock fwd on R, recover on L
3-4 Rock back on R, recover on L