

Words

拍數: 32 牆數: 4 級數: Improver
編舞者: Heather Gronow (UK) - April 2021
音樂: Words - Rita Coolidge



Slow 16 count intro, start on lyrics

For Diane who reached a milestone birthday this month

Section 1 : Slide, rock back recover, slide, behind side cross, sweep in front, side behind, sweep behind, side

1 2&3 Slide R foot to right side, Rock back on L, recover on R, Slide L to left side
4&5 cross R behind, step L to side, cross R in front of left foot
6&7 sweep L in front of right foot, step R to side, step L behind
8& Sweep R foot behind left, step L to left side

Section 2 : Cross rock, rec, side, cross rock rec, side, cross side , 1/4 turn right, cross rock rec, side

1 2&3 Rock R over left, recover on left, Step R to right side, Rock L over right
4&5 Recover on right, step L to left side, cross R over left
6&7 Step L to side, Step R 1/4 turn right, rock L over right foot
8& Recover on R, step L to side

Section 3 : Step fwd right, Left mambo fwd, Right coaster step, fwd left lock left, step fwd right, pivot 1/2 turn left

1 2&3 Step fwd on R, Rock fwd on left, rec on right, step L foot back
4&5 Step back on R, tog with L, Step fwd on R
6&7 Step fwd on L, lock R behind L, step fwd on L
8& Step fwd on R, Pivot 1/2 turn left (weight on left)

Section 4 : Step fwd R, full turn turn right stepping LRL, side rock cross, side behind side, Rock recover

1 2&3 Step fwd on R, step 1/2 turn back on L, step 1/2 turn fwd onto R, Step fwd onto L (alternately shuffle forward LRL)
4&5 *Rock R to right side, rec on left, cross R over left
6&7 Step L to left side, cross R behind, step L to left side
8& Cross rock R over left, rec on left

***END : wall 7 ,end the dance by making 1/4 to left to finish facing front
Rock R to right side, rec on L making 1/4 turn to left, step fwd R**