

12 Pack and the Old Bronco

拍數: 64 牆數: 2 級數: Improver
編舞者: Runa (DK) - June 2021
音樂: Colt 45 (Country Remix) - Cooper Alan & Rvshvd : (Single - iTunes)



Intro: 8 c - (Start on the word "Pack")

Phrasing: 64 - TAG A (6:00) - 48 - 64 - TAG A x 2 (12:00) - 32 - TAG B (3:00) - 64

S1. (Point, touch, point, fwd shuffle) x 2 (R-L)

1&2 Point R to R side, touch R beside L, point R to R side
3&4 Step fwd on R, step L beside R, step fwd on R
5&6 Point L to L side, touch L beside R, point L to L side
7&8 Step fwd on L, step R beside L, step fwd on L

S2. Fwd mambo, coaster-step, fwd shuffle, step, ¼

1&2 Rock fwd on R, recover on L, step R beside L
3&4 Step back on L, step R beside L, step fwd on L
5&6 Step fwd on R, step L beside R, step fwd on R
7-8 Step fwd on L, ¼ turn R taking weight on R

S3. Cross-rock, side-rock, behind, side, cross, (side -mambo) x 2 (R-L)

1&2& Cross-rock L over R, recover on R, rock L to L side, recover on R
3&4 Cross L behind R, step R to R side, cross L over R
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

S4. (Mambo ½ turn R, fwd shuffle) x 2

1&2 Rock fwd on R, recover on L, turn ½ R and step R fwd
3&4 Step fwd on L, step R beside L, step fwd on L
5&6 Rock fwd on R, recover on L, turn ½ R and step R fwd
7&8 Step fwd on L, step R beside L, step fwd on L

S5. Side, together, fwd shuffle, side, together, shuffle back ½ turn L

1-2 Step R to R side, step L beside R
3&4 Step fwd on R, step L beside R, step fwd on R
5-6 Step L to L side, step R beside L
7&8 Step back on L ¼ turn L, step R beside L, step fwd on L ¼ turn L

S6. Charleston-step, syncopated jazzbox ¼ turn R, cross-shuffle

1-2 Point RF fwd, step back on R
3-4 Point LF back, step fwd on L
4&6 Cross R over L, step back on L ¼ turn R, step R to R side
7&8 Cross L over R, step R to R side, cross L over R

S7. Side, together, fwd shuffle, side, together, shuffle back ½ turn L

1-2 Step R to R side, step L beside R
3&4 Step fwd on R, step L beside R, step fwd on R
5-6 Step L to L side, step R beside L
7&8 Step back on L ¼ turn L, step R beside L, step fwd on L ¼ turn L

S8. Charleston-step, (kick, ball, touch) x 2 (R-L)

1-2 Point RF fwd, step back on R

3-4 Point LF back, step fwd on L
5&6 Kick R fwd, step R beside L taking weight on R, touch L beside R
7&8 Kick L fwd, step L beside R taking weight on L, touch R beside L

TAG A: Side-rock, ½ rumba-box fwd, side-rock, ½ rumba-box back

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

TAG B: Cross, back ¼ turn R

1-2 Cross R over L, step back on L ¼ turn R
