

Release

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Jo Rosenblatt (AUS) - September 2021
音樂: Release - Willow : (iTunes)



for Willow

Start: 32 Count intro, Weight on left

Section 1: Forward, Rock, ½ Turn Shuffle, Forward, Rock, Coaster

1 2 3&4 Step R forward, Rock back on L, Turn 180° right shuffle forward RLR (6)
5 6 7&8 Step L forward, Rock back on R, Step L back, Step R beside left, Step L forward

Section 2: Forward, Hold, Together, Walk, Walk, Rocking Chair

1 2&3 4 Step R forward, Hold, Step L beside right, Walk R fwd, Walk L fwd
5 6 7 8 *** Step R forward, Rock back on L, Step R back, Rock forward on L ***

Section 3: Pivot Turn, Heel-Ball-Step, Paddle, Heel-Ball-Step

1 2 3&4 Step R fwd, Turn 180° left step L fwd, Touch R heel fwd, Step R beside left, Step L fwd (12)
5 6 7&8 Step R fwd, Turn 90° left step L to side, Touch R heel fwd, Step R beside left, Step L fwd (9)

Section 4: ¼ Jazz, ¼ Jazz with Cross

1 2 3 4 Cross R over left, Step L back, Turn 90° right step R to side, Step L forward (12)
5 6 7 8 Cross R over left, Step L back, Turn 90° right step R to side, Step L across right (3)

Section 5: Side, Rock, Behind, Side, Rock, Behind, ¼ Forward, Forward (6)

1 2 3 4 Step R to right, Rock/Recover onto L, Step R behind left, Step L to left
5 6 7 8 Rock/Recover onto R, Step L behind right, Turn 90° right step R forward, Step L forward (6)

Section 6: Forward, Point, Back, Point, Cross, Side, Behind, Sweep

1 2 3 4 Step R forward, Point L toe to left, Step L back, Point R toe to right
5 6 7 8 Cross R over left, Step L to left, Step R behind left, Sweep L around from front to back

Section 7: Behind, Side, Cross, Sweep, Cross, ¼ Back, Back, Rock

1 2 3 4 Step L behind right, Step R to right, Cross L over right, Sweep R around from front to back
5 6 7 8 Cross R over left, Turn 90° right step L back, Step R back, Rock forward onto L (9)

Section 8: Side, Hold, Together, Side, Tap, Side, Hold, Together, Side, Tap

1 2&3 4 Step R to right, Hold, Step L beside right, Step R to right, Tap L beside right
5 6&7 8 Step L to left, Hold, Step R beside left, Step L to left, Tap R beside left

Section 9: Cross, Rock, Side, Rock, Back, Rock, Step, Paddle

1 2 3 4 Cross R over left, Rock/Recover onto L, Step R to right, Rock/Recover onto L
5 6 7 8 Step R back behind left, Rock/Recover onto L, Step R fwd, Turn 90° left step L to side (6)

Section 10: Cross, Rock, Side, Rock, Back, Rock, Full Turn Fwd

1 2 3 4 ## Cross R over left, Rock/Recover onto L, Step R to right, Rock/Recover onto L ##
5 6 7 8 Step R back, Rock/Recover onto L, Turn 180° left step R back, Turn 180° left step L fwd (6)

RESTARTS:-

WALL 3: Restart the dance at the back wall after Count 16 ***.

WALL 4: Restart the dance at the front wall after Count 76 ##.

Enjoy!!!!

**This dance is dedicated to Willow - for finally realizing his dreams.
Yahoo my friend!!! It was worth the wait!!!**
