

More

拍數: 32 牆數: 4 級數: Improver
編舞者: Guillaume Richard (FR) - October 2021
音樂: More - Sam Ryder



Intro: 8 counts

Restart : During wall 1, 4 et 9, you will dance the first 24 counts of the dance and start again the dance

[1 - 8] Heel Grind, Sailor Step x2, Sailor Step ¼ turn

1-2 Cross R heel over LF (1), Make a heel grind with RF and step LF to L side (2) 12:00
3&4 Cross RF behind LF (3), Step LF to L side (&), Step RF to R side (4) 12:00
5&6 Cross LF behind RF (5), Step RF to R side (&), Step LF to L side (6) 12:00
7&8 Cross RF behind LF (7), Make ¼ turn R stepping LF next to RF (&), Step RF fwd (8) 3:00

[9 - 16] ¼ turn x2, ¼ turn Side Rock x2, Point, Touch

1-2 Make ¼ turn L stepping on LF (1), Make ¼ turn R stepping on RF (2) 3:00
3-4 Make ¼ turn R stepping LF to L side (3), Recover on RF (4) 6:00
&5-6 Step LF next to RF (&), Step RF to R side (5), Recover on LF (6) 6:00
&7-8 Step RF next to LF (&), Point L toes to L side (7), Touch LF toes next to RF (8) 6:00

[17 - 24] Shuffle Fwd, Step ¼ turn, Rocking Chair

1&2 Step LF fwd (1), Step RF next to LF (&), Step LF fwd (2) 6:00
3-4 Step RF fwd (3), Make ¼ turn L stepping on LF (4) 3:00
5-6 Cross RF over LF (5), Recover on LF (6) 3:00
7-8 Step RF bwd slightly in R diagonal (7), Recover on LF (8) 3:00

[25 - 32] Cross, Hold, Out Out, Hold, Cross, Point x2, Flick

1-2 Cross RF over LF (option: cross both hands in front of your chest) (1), Hold (2) 3:00
&3-4 Step RF out to R side (&), Step LF out to L side (3), Hold (4) 3:00
5-6 Cross LF over RF (5), Point R toes to R side (6) 3:00
&7&8 Step RF next to LF (&), Point LF next to L side (7), Step LF next to RF (&), Flick bwd RF (8) 3:00

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