

On The Sesh

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - November 2021
音樂: On the Sesh (feat. The Tumbling Paddies) - Derek Ryan



Intro: 8 Counts

Section 1: Side Rock. Cross Shuffle. Side Rock. Cross Shuffle.

1-2 Rock right. Recover onto left.
3&4 Cross right over left. Step left to left side. Cross right over left.
5-6 Rock left. Recover onto right.
7&8 Cross left over right. Step right to right side. Cross left over right.

Section 2: Side Rock. Sailor Step. Touch. Unwind ½ left. Kick Ball Step.

1-2 Rock right. Recover onto left.
3&4 Cross right behind left. Rock left to left side. Recover onto right.
5-6 Touch left toes back. Unwind ½ Left (weight remains on left foot).
7&8 Kick right foot forward. Step right in place. Step forward on left.

Restart here: Wall 3 (Facing 6 O'clock)

Section 3: Heel & Heel & Point. Hold & Clap x 2. & Heel & Heel & Point. Hold & Clap x 2.

1& Touch right heel forward. Step right in place.
2& Touch left heel forward. Step left in place.
3&4& Point right to right side. Hold and Clap twice. Step right in place.
5& Touch left heel forward. Step left in place.
6& Touch right heel forward. Step right in place.
7&8& Point left to left side. Hold & Clap Twice. Step left in place.

Section 4: Rock Step. Shuffle ½ Turn Back. Rock Step. Shuffle ½ Turn Back.

1-2 Rock forward on right. Recover onto left.
3&4 Shuffle ½ Turn back over your right shoulder stepping right, left, right.
5-6 Rock forward on left. Recover onto right.
7&8 Shuffle ½ Turn back over left right shoulder stepping left, right, left.

Tag: After Wall 1 (Facing 6 O'clock) & After Wall 4 (Facing 12 O'clock)

Restart: On Wall 3, after section 2 (Facing 6 O'clock)

Tag: Full Turn Forward (Easy Option: Two walks forward)

1-2 Make a Full Turn forward over your left shoulder stepping right, left.

Ending: Step forward on right .Turn ½ left. Step forward on right to end facing the front wall.