

This Highway

拍數: 64 牆數: 4 級數: Improver
編舞者: Cheryl Carter (UK) - March 2022
音樂: This Highway - Martin Jaye : (free download available on Martin Jaye's website)



(32 count intro/19 secs)

Sec 1 - Rhumba Box Forward

1-2 Step right to right side, close left next to right
3-4 Step forward right, hold
5-6 Step left to left side, close right next to left
7-8 Step back left, hold

Sec 2 - Lock Step Back Hold, 1/4 Weave

1-2 Step back right, lock left over right
3-4 Step back right, hold
5-6 Turn 1/4 left stepping left to side, cross right over left
7-8 Step left to left side, cross right behind left (9:00)

Sec 3 - Side, Close, Forward, Hold, Side, Close, 1/4, Brush

1-2 Step left to left side, close right next to left
3-4 Step left forward, hold
5-6 Step right to right side, close left next to right
7-8 Turn 1/4 right step forward right, brush left forward. (12:00)

Sec 4 - Left Lock Forward, Hold, Step, 1/2, Walk, Walk (Option Full Turn Instead Of Walks)

1-2 Step forward left, lock right behind left
3-4 Step forward left, hold
5-6 Step forward right, turn 1/2 turn to left stepping onto left
7-8 Walk forward right and left (option of making 1/2 turn left and step back right, turn 1/2 left and step left forward) (6:00)

**** RESTART HERE ON WALL 4 (FACING 3:00) ****

Sec 5 - Side Rock, Cross, Hold, Side Rock, Cross, Hold

1-2 Rock right to right side, recover weight onto left
3-4 Cross right over left, hold
5-6 Rock left to left side, recover weight onto right
7-8 Cross left over right, hold

Sec 6 - Side, Close, Forward, Hold, Side, Close, Rock Forward

1-2 Step right to right side, close left next to right
3-4 Step forward right, hold
5-6 Step left to left side, close right next to left
7-8 Rock forward on left, recover weight back on right

Sec 7 - Lock Back, Hold, Full Reverse Triple Turn, Hold

1-2 Step Left back, lock right over left
3-4 Step back left, hold
5-6-7 Turn a full turn over right shoulder (footwork right, left, right)
8 Hold

Replace the full triple turn with a right coaster for a non-turning option

Sec 8 - Shuffle forward, Hold, Step, 1/4 Cross Shuffle

- 1-2 Step forward left, close right next to left
- 3-4 Step forward left, hold
- 5-6 Step forward right, turn 1/4 left and cross left over right. (3:00)
- 7-8 Step right to right side, cross left over right

Thank you to Martin Jaye for sending me his song and inviting me to choreograph to it.

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