Milestones (이정표)

級數: Intermediate - K-Trot

編舞者: Christina Yang (KOR) - April 2022

音樂: Milestones (이정표) - Jang Yoon Jeong (장윤정)

Start the dance after 28 counts (Start on vocal)

SECTION 1: FORWARD, 1/4 TURN TO R WITH FORWARD SHUFFLE, 1/4 TURN TO R WITH FORWARD, (CROSS ROCK, RECOVER, SIDE) X 2

Step RF forward 1

拍數: 32

- 2&3 1/8 turn to R stepping LF forward, 1/8 turn to R with closed RF to LF, step LF forward Step RF forward 4
- Cross Rock LF over RF, recover on RF, step LF side 5&6
- Cross rock RF over LF, recover on LF, step RF side 7&8

SECTION 2: CROSS ROCK, RECOVER AND 1/4 TURN TO L WITH SWEEP, COASTER STEP, 1/2 TURN TO L WITH PIVOT TURN X 2

- 1-2 Rock LF cross over RF, recover on RF and sweep LF from front to back while turning 1/4 to R
- Step LF backward, closed RF to LF, step LF forward 3&4
- 5-8 Step RF forward, 1/2 turn to L changing weight on LF, step RF forward, 1/2 turn to L changing weight on LF

SECTION 3: FORWARD ROCK, RECOVER AND 1/2 TURN TO R, FULL TURN TO R, FORWARD X 2, FORWARD ROCK, RECOVER AND 1/4 TURN TO L, LONG STEP TO SIDE, CROSS OVER, SIDE

- Rock RF forward, recover on LF and 1/2 turn to R 1-2
- Step RF forward, 1/2 turn to R stepping LF backward, 1/2 turn to R stepping RF forward, step 3&4& LF forward

(EASY OPTION: You will dance to 4 times of running steps instead of turn in the count 3&4&)

- 5-6& Step RF forward, rock LF forward, recover on LF and 1/4 turn to R
- 7-8& Step LF to L side powerfully, cross RF behind LF, step LF side

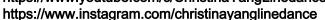
SECTION 4: CROSS BEHIND WITH SWEEP AND 1/2 TURN TO L, COASTER STEP, FORWARD, FORWARD ROCK, RECOVER AND1/4 TURN TO L, SIDE, CROSS, SIDE, CROSS, SIDE

- Cross RF behind LF with sweep LF from front to back and 1/2 turn to L 1
- Step LF backward, close RF to LF, step LF forward 2&3
- Step RF forward. Rock LF forward, recover on RF and 1/4 turn to L 4-5&
- Step LF side 6
- 7&8& Cross RF over LF, step LF to side slightly, cross RF over LF, step LF to side(weight on LF)

RESTARTS: On the 2nd, 4th, 6th wall, you will dance to 20 counts and start again.

CONTACT

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牆數: 4