

Golden Sunrise

拍數: 32 牆數: 2 級數: Absolute Beginner
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音樂: Golden Sunrise - Arman : (Single - iTunes & other mp3 sites)



Dance edit, email: smoothdancer79@hotmail.com

No tags or restarts. Introduction: 32 counts
start approx 16 sec.

Part 1. [1-8] L Side, R Together, Back Rock L, ½ Shuffle Turn to R, Back Rock R.

1,2 Step Lf to L (1), Step Rf beside Lf (2).
3,4 Rock Lf back (3), Recover back onto Rf (2).
5&6 ½ Shuffle turn back to R (5&6).
7,8 Rock Rf back (7), Recover back onto Lf (8).

Part 2. [9-16] R Side, L Together, Back Rock R, ½ Shuffle Turn to L, Back Rock L.

1,2 Step Rf to R (1), Step Lf beside Rf (2).
3,4 Rock Rf back (3), Recover back onto Lf (2).
5&6 ½ Shuffle turn back to L (5&6).
7,8 Rock Lf back (7), Recover back onto Rf (8).

Part 3. [17-24] L Step, Side Point R, Cross Shuffle R, Back L, Side R ¼ R, Step Lock Step L.

1,2 Step Lf fwd (1), Point Rf out to R (2).
3&4 Step Rf across Lf (3), Step Lf slightly to L (&), Step Rf across Lf (4).
5,6 Step Lf back L (5), Make ¼ turn R (3.00) step Rf to R (6).
7&8 Step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

Part 4. [25-32] Out Out R, L, Heel Swivel R in, R Heel Dig Fwd, Jazz Box 1/4 turn R with L Touch Beside R.

1,2 Step Rf out to R (1), Step Lf out to L (2).
3,4 Swivel R heel in to L (3), Dig R heel fwd (4).
5,6 Step Rf across Lf (5), Make ¼ turn R (6.00) step Lf back (6).
7 8 Step Rf to R (7), Touch Lf beside Rf (8).

REPEAT DANCE AND HAVE FUN!!
