

John Sutter's Mill

拍數: 64 牆數: 4 級數: Low Improver
編舞者: Runa (DK) - August 2022
音樂: Sutter's Mill - Dan Fogelberg : (Album: High Country Snow)



Note:

If you find this tune (about 6:33 min.) to long, you can end the dance after wall 8 (instrumental part) by turning down the music while dancing section 8 in this wall (facing 12:00). (Now about 4:20 min.)

Intro: 64 count (Start on the word "Spring")

S1. Walk, hold, walk, hold, fwd, touch, back, hook

1-2-3-4 Step fwd on R, hold, step fwd on L, hold
5-6-7-8 Step fwd on R, touch L beside R, step back on L, hook RF in front of L leg

S2. Fwd step-lock-step, hold, step, ¼ turn R, cross, hold

1-2-3-4 Step fwd on R, lock L behind R, step fwd on R, hold
5-6-7-8 Step fwd on L, ¼ turn R taking weight on R, cross L over R, hold (3:00)

S3. (Side, hold, back-rock, recover) x 2 (R+L)

1-2-3-4 Step R to R side, hold, rock back on L, recover on R
5-6-7-8 Step L to L side, hold, rock back on R, recover on L

S4. Fwd rumba-box with holds

1-2-3-4 Step R to R side, step L beside R, step fwd on R, hold
5-6-7-8 Step L to L side, step R beside L, step back on L, hold

S5. (Sweep back, hold) x 2 (R+L), sweep back into coaster-step, hold

1-2-3-4 Sweep R back, hold, sweep L back, hold
5-6-7-8 Sweep R back, step L beside R, step fwd on R, hold

S6. Fwd step-lock-step, hold, walk, hold, walk, hold

1-2-3-4 Step fwd on L, lock R behind L, step fwd on L, hold
5-6-7-8 Step fwd on R, hold, step fwd on L, hold

S7. Rocking-chair, (L ¼ paddle-turn) x 2

1-2-3-4 Rock fwd on R, recover on L, rock back on R, recover on L
5-6 Step fwd on R, make a ¼ turn L taking weight on L (12:00)
7-8 Step fwd on R, make a ¼ turn L taking weight on L (9:00)

S8. (Fwd step-lock-step, hold) x 2 (R+L)

1-2-3-4 Step fwd on R, lock L behind R, step fwd on R, hold
5-6-7-8 Step fwd on L, lock R behind L, step fwd on L, hold

ENDING: Last wall 13 start facing 12:00. Dance the first 24 count.

Now step R to R side, step L back ¼ turn L to face 12:00 and touch R beside L to end the dance.