This is the End

拍數: 32

級數: Improver

編舞者: Anna-Maria Mejlon (SWE) - October 2022

音樂: The End (feat. Maja Gullstrand) - Jay Smith

Intro: start on vocals. approx 4 seconds into the song.

Out out and cross back sway x2 chasse 1/4

- 1-2& step R to right side, step L to left side, step R next to L
- 3-4 cross L over R, step back with R
- 5-6 sway to the left, sway to the right
- 7&8 step L to left side, step R together, step L to left side turning ¼ to the left

Ending: On wall 11 after 8 counts step fwd on R and turn to face the front

Cross back and cross side sailor 1⁄4 full turn

- 1-2& cross R over L, step back with L, step R to right side
- 3-4 cross L over R, step R to right side
- 5&6 step L behind R, step R to right side turning ¼ to the left, step L to the left
- 7-8 step back on R turning ½ to the left, step fwd on L turning ½ to the left

Monterey ¼ step turn ½ shuffle fwd

- 1-2 point R toe to right side, turn ¼ to the right (weight on R)
- 3-4 point L toe to left side, step fwd on L
- 5-6 step fwd on R, turning ½ to the left stepping down on L
- 7&8 step fwd on R, step together with L, step fwd on R

Rock recover coaster step step turn $\frac{1}{2}$ walk fwd x2

- 1-2 rock fwd on L, recover on to R
- 3&4 step back on L, step together with R, step fwd on L
- 5-6 step fwd on R, turning ½ to the left stepping down on L
- 7–8 walk fwd on R, walk fwd on L

No tags. No restarts.

Just enjoy the dance!





牆數:4