

Drop the Beat

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Rob Fowler (ES) - February 2023
音樂: Ain't Coming Home - Casey Barnes



Intro: 16 counts from heavy beat (approx. 15 secs)

S1: Side Rock R, Recover L, Cross Shuffle, Side Rock L, Recover R, L Behind, Side R, Fwd L

1,2 Rock R to R side, recover on L
3&4 Cross step R over L, step L to L side, cross step R over L
5,6 Rock L to L side, recover on R
7&8 Step L behind R, step R to R side, step forward on L [12:00]

S2: Step Fwd R, Pivot ½ L, Step Fwd R, Pivot ½ L, Side Switches, R Kick Ball Change

1,2 Step forward on R, make ½ turn L (weight on L)
3,4 Step forward on R, make ½ turn L (weight on L)
5&6& Point R to R side, step R next to L, point L to L side, step L next to R
7&8 Kick R forward, step ball of R next to L, step L next to R [12:00]

RESTART: During WALL 6 please RESTART here facing 9:00

S3: Rock Fwd R, Recover L, Shuffle ½ R, Step Fwd L, Pivot ¼ R, Cross L, Side R, L Heel

1,2 Rock forward on R, recover on L
3&4 Make ½ turn R stepping forward on R, step L next to R, step forward on R [6:00]
5,6 Step forward on L, make ¼ turn R (weight on R) [9:00]
7&8 Cross step L over R, step R to R side, touch L heel to L diagonal

S4: Step L, Cross R, Side L, R Sailor, Touch L, Unwind Full Turn L, Side Rock R, Recover L

&1,2 Step L next to R, cross step R over L, step L to L side
3&4 Cross step R behind L, step L to L side, step R to R side
5,6 Touch L behind R, unwind a full turn L (weight on L)
7,8 Rock R to R side, recover on L [9:00]

BRIDGE: During WALL 2 (facing 6:00) and WALL 4 (facing 12:00) please add the bridge below, then continue with the dance from S5

1,2,3,4 Make a full walkaround turn L stepping R, L, R, L

S5: R Cross Samba, L Cross Samba, Rock Fwd R, Recover L, R Coaster

1&2 Cross step R over L, rock L out to L side, recover on R
3&4 Cross step L over R, rock R out to R side, recover on L
5,6 Rock forward on R, recover on L
7&8 Step back on R, step L next to R, step forward on R [9:00]

S6: Rock Fwd L, Recover R, ½ Turn L Shuffle, Step Fwd R, Pivot ½ L, Full Turn L

1,2 Rock forward on L, recover on R
3&4 Make ½ turn L stepping forward on L, step R next to L, step forward on L [3:00]
5,6 Step forward on R, make ½ turn L (weight on L) [9:00]
7,8 Make ½ turn L stepping back on R, make ½ turn L stepping forward on L

Start Over