

Folsam Prison Blues

拍數: 48 牆數: 1 級數: Beginner
編舞者: Lesley Stewart (SCO) - February 2023
音樂: Folsam Prison Blues - Johnny Cash



#8 count intro

[1-8] Right Toe heel step, Left toe heel step, Right rocking chair, Step 1/2 step

1&2 R toe, heel, step
3&4 L toe, heel, step
5&6& Rock forward on R, recover onto L, rock back on R, recover onto L
7&8 Step forward on R, pivot 1/2 turn left, step forward on R

[9-16] Left toe heel step, Right toe heel step, Left rocking chair, Step 1/2 turn step

1&2 L toe, heel, step
3&4 R toe, heel, step
5&6& Rock forward on L, recover onto R, rock back on L, recover onto R
7&8 Step forward on L, pivot 1/2 turn right, step forward on L

[17-24] Right rumba forward, Hold, Left rumba back, Hold

1-2 Step R to right, step L next to R
3-4 Step forward R, hold
5-6 Step L to left, step R next to L
7-8 Step back on L, hold

[25-32] Walk back, Back, Coaster step, Walk forward, Forward, Left shuffle forward

1-2 Walk back R, L
3&4 Step back on R, step L next to R, Step R forward
5-6 Walk forward L, R
7&8 Step L forward, step R next to L, step L forward

[33-40] 2x paddle 1/2 turns left, Cross rock step, 2x paddle 1/2 turns R, Cross rock step

1&2& 1/4 turn L touching R to right side, 1/4 turn L touching R to right side
3&4 Cross rock R over L, recover onto L, step R to right
5&6& 1/4 turn R touching L to left side, 1/4 turn R touching L to left side
7&8 Cross rock L over R, recover onto R, step L to left

[41-48] Step out, Out, In, In x 2

1-2 Step R out to right, Step L out to left
3-4 Step R to centre, Step L next to R
5-6 Step R out to right, Step L out to left
7-8 Step R to centre, Step L next to R

Start Again.....Happy Dancing.....□