

Moon and Back

拍數: 32 牆數: 4 級數: Beginner
編舞者: Helen Parkyn (UK) - February 2023
音樂: To the Moon and Back - Scott Wilkes



**** Finalist in UKLDA 2023 (Grassroots instructor section)**

STEP, SWEEP, CROSS BACK SIDE, CROSS, HOLD, BEHIND 1/4 TURN LEFT STEP (9.00)

1, 2, 3&4 Step forward right, sweep left from behind to in front, cross left over right, step back right on the &, step left to left side
5,6 7&8 cross step right over left, hold, step to left side, cross right behind left with 1/4 turn left, step forward left.

ROCK, RECOVER, TRIPLE 1/2 TURN RIGHT, CROSS, BACK, ROCK BACK, RECOVER

1, 2, 3&4 rock forward right, recover back on left, triple step with 1/2 turn right (3.00)
5,6,7,8 cross step leftover right, step back right, rock back left, recover forward on right

STEP LEFT, HOLD, BEHIND SIDE FRONT X 2

1, 2, 3&4 step left to left side, hold, cross right behind left, step left to side (on &), cross right over left
5, 6, 7&8 step left to left side, hold, cross right behind left, stella left to side (on &), cross right over left

SIDE ROCK, RECOVER, CROSS SHUFFLE, HINGE 1/2 TURN LEFT IN 2 STEPS (9.00), RIGHT KICK BALL CHANGE

1, 2, 3&4 rock left to left side, recover onto right, cross left over right, bring right up behind (on &), cross left over right
5, 6, 7&8 step back right with 1/4 turn left (6.00), make 1/4 turn left (9.00) stepping left to side, kick right, take weight on ball of right (on &), step back down on left

End of dance

TAG 4 BEATS ... ROCKING CHAIR ... END OF WALLS 3 (facing 3.00) AND 6 (facing 6.00)

1, 2, 3, 4 ... rock forward on right, recover back on left, rock back on right, recover forward on left
The end of the song slows right down, but after a few practises and slowing the dance right down until it kicks in again, you can keep the dance going.
To end just cross left over right and unwind to face front after count 20

Last Update - 1 Mar. 2023 - R2