Born & Raised

拍數: 32

級數: Beginner +

編舞者: Colleen Archer (AUS) - March 2023 音樂: Raised Like That - James Johnston

For....Gloria & Daphne

Intro:16 counts SP: Weight on L 15/3/2023 Version: 1 Rotation: ¼ CCW BPM: 112

Walk Forward, Kick, Walk Back, Touch

- 1, 2 Step R forward, Step L forward
- 3, 4 Step R forward, Kick L forward
- 5, 6 Step L back, Step R back
- 7, 8 Step L back, Touch R beside L (12)

Charleston, V Step

- 1, 2 Touch R toe forward, Step R back
- 3, 4 Touch L toe back, Step L forward
- 5, 6 Step R forward to right diagonal, Step L forward to left diagonal
- 7, 8 Step R back to centre, Step L back to centre (12)

Shuffle, Rock Back, Recover, Vine Turn ¼, Touch

- 1 & 2 Step R to right side, Step L beside R, Step R to right side
- 3, 4 Rock step L back, Recover R
- 5, 6 Step L to left side, Step R behind L
- 7, 8 Turn ¼ left and step L forward, Touch R beside L (9)

Kick-ball-change, Rocking Chair, Kick-ball-change

- 1 & 2 Kick R forward, Step R beside L, Step L beside R
- 3, 4 Rock step R forward, Recover L
- 5, 6 Rock step R back, Recover L
- 7 & 8 Kick R forward, Step R beside L, Step L beside R (9)

Begin dance again....

Restart: Wall 8 (3 o'clock) dance first 24 counts and start wall 9 facing 12 o'clock

Finish: Wall 11, dance to end, Step R forward, Turn ¼ left taking weight onto L

Dance may be copied and distributed provided original steps remain unchanged





牆數:4