

Ten More Years

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rex Chuan (USA) - April 2023
音樂: Ten More Years (又十年) - Jacky Cheung (張學友)



Tags: 0 - Restarts: 0

Start: after 24 counts of intro

S1: Walk, Shuffle, Weave, Check, Recover, Side, Cross, Spiral Turn

12&3&4& Step RF forwards(1), step LF forwards(2), lock RF in(&), step LF forwards(3), step RF R(&), cross RF behind(4), step RF R(&)
56&78 Cross check LF(5), recover(6), step LF L(&), cross RF(7), step LF L(8) and swivel $\frac{3}{4}$ turn R on LF (9:00)

S2: Walk, Together, Walk, Samba, Rock & Recover X2 (Front-Side), Backward, Side Rock, Recover

1&23&4 Step RF forwards(1), step LF together(&), R quarter turn and step RF forwards(3), cross LF(3), step RF R(&), step LF L(4)
5&6&78& Rock RF forwards(5), recover(&), rock RF R(6), recover(&), step RF backwards(7), rock LF L(8), recover(&) (12:00)

S3: Cross, Side, Side, Forward, Out, Out, Together, Cross, Side, Point, Lunge, Recover, Two Step Turn

12&3&4&5 Cross LF(1), step RF R(2), L quarter turn and step LF L(&), step RF forwards(3), step LF L diagonally(&), step RF R(4), step LF together(&), cross RF(5)
6&78& Step LF L(6), toe RF aside LF(&), quarter R turn and step RF R in lunge position(7), recover(8), L half turn and step RF R(&) and L half turn for next step (12:00)

S4: Side, Point, Side, Back Rock, Recover, Together, Rocking Chair, Back, Back Rock, Recover

1&23&4 Step LF L(1), toe RF aside LF(&), step RF R(2), rock LF backwards(3), recover(&), R quarter turn and step LF together(4)
5&6&78& Rock RF backwards(5), recover(&), rock RF forwards(6), recover(&), L quarter turn and step RF backwards(7), rock LF backwards(8), recover(&) (12:00)

S5: Step & Leg Up, Shuffle, Side, Point, Side, Forward, Three Step Turn, Mambo Turn

12&3&4&5 Step LF forwards while turning quarter right and raise R leg forwards(1), step RF forwards(2), lock LF in(&), step RF forwards(3), step LF L(&), toe RF aside LF(4), step RF R(&), step LF forwards(5)
6&78& R half turn and step RF forwards(6), R half turn and step LF backwards(&), R half turn and step RF forwards(7), rock LF forwards(8), recover(&) and L quarter turn for next move (6:00)

S6: Side, Tap, Together, Tap, Together, Tap, Together, Tap, Cross, Unwind, Sailor Step

1&2&3&4& Step LF L(1), tap RF R(&), step RF together(2), tap LF L(&), step LF together(3), L quarter turn and tap RF R(&), step RF together(4), R half turn and tap LF L(&)
5678& Cross LF(5), swivel R full turn on both feet(67) and sweep RF back, cross RF behind(8), step LF L(&) (9:00)

Enjoy the dancel!