

7 years & 50 days

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Arisps (INA) - May 2023
音樂: 7 Years & 50 Days - Groove Coverage



Restart : 1, On wall 5 - After Count 32

Tag : 3 , After wall 2, 3, 7 (count 4)

SECT : 1# WEAVE LEFT, STEP RF FWD, KICK LF FWD, STEP ON LF

1 - 4 Step RF over LF, Step LF to Left side, step RF behind LF, Step LF on Left
5 - 8 Step RF fwd. Kick LF fwd. Step back on LF, Step RF on Right

SECT : 2# WEAVE RIGHT, STEP LF FWD. KICK RF FWD. STEP ON RF

1 - 4 Step LF over RF, Step RF to right side, Step LF behind RF, Step on Right
5 - 8 Step LF fwd. Kick RF fwd. Step back on RF, step LF on Left

SECTION : 3# SHUFFLE FORWARD RF, CROSS ROCK, CHASSÉ LF, BACK ROCK

1 & 2 RF step forward, LF next to RF, RF step forward
3 - 4 cross LF in front of RF, slightly raise RF and weight back into RF
5 & 6 LF step to the left, RF next to LF, LF step to the left
7 - 8 RF step back, slightly raise LF and weight back into LF

SECT : 4# MONTEREY TURN RIGHT, V STEP

1 - 2 Touch RF to side, ¼ turn right close RF next to LF,
3 - 4 Touch LF to side, close LF next to RF
5 - 6 Step RF diagonally fwd, step LF diagonally fwd
7 - 8 Step RF back to center, close LF next to RF

SECT : 5# K STEP

1 - 2 Step RF diagonally fwd, close touch LF
3 - 4 Step LF diagonally fwd, close touch RF next to RF
5 - 6 Step RF diagonally back, close touch LF
7 - 8 Step LF back to center, close touch RF next to RF

SECT : 6# PIVOT TURN, SHUFFLE FORWARD, ROCK LEFT FWD, COASTER STEP

1 - 2 Step RF fwd, ½ turn left change weight on LF
3 - 4 Step RF fwd, close LF next to RF, step RF fwd
5 - 6 Rock LF fwd, recover on RF
7 - 8 Step LF back, close RF next to LF, step LF fwd

SECT : 7# SIDE ROCK RF, CROSS SHUFFLE, SIDE ROCK LF, VINE

1 - 2 Step RF to side, recover on LF, next to RF
3 - 4 Cross RF over LF, step LF to side, cross RF over LF
5 - 6 Step LF to side, recover on RF
7 & 8 Cross LF behind RF, Step RF to R, Cross LF over RF

SECT : 8# VINE, ROLLING VINE

1 - 2 step RF to side, cross LF behind RF
3 - 4 step RF to side, toe touch LF to side
5 - 6 step LF in place, 1/2 turn left, step RF to side
7 - 8 1/2 turn left, step LF to side, close touch RF next to LF

*** Tag : ROCKING CHAIR (Count 4)

1 - 2 Rock RF fwd, recover on LF
3 - 4 Rock RF back, recover on L
