

# Retrograde

拍數: 48      牆數: 2      級數: Improver  
編舞者: Aurora de Jong (USA) - July 2023  
音樂: Retrograde - Jeffrey James



## 1 easy 8 count tag after Wall 1

### Hop forward R&L, Clap, Knee pops, Step touch, Kick ball cross

&1, 2      Hop R forward (&), hop L forward (1), clap (2)  
&3&4      Lift heels, popping knees forward (&), drop heels (3), lift heels, popping knees forward (&), drop heels (4)  
5, 6      Step L to left (5) touch R to L (6)  
7&8      R kick ball cross: Kick R forward to the 1:30 diagonal (7), step ball of R to L (&), step L across R (8)

### Lindy right, ¼ left L shuffle forward, R step pivot ½ left

1&2      Side shuffle right: Step R to right (1), step ball of L to R (&), step R to right (2)  
3, 4      Rock L back (3), recover to R (4)  
5&6      L forward shuffle: Turning ¼ left step L forward (5), step ball of R to L (&), step L forward (6) (9:00)  
7-8      Step R forward (7), pivot ½ left, transferring weight to L (8) (3:00)

### R shuffle forward, Full turn right, Forward rock with L, ¼ left L side shuffle

1&2      R shuffle forward: Step R forward (1), step ball of L to R (&), step R forward (2)  
3-4      Full turn right: step L back turning 1/2 right (3), step R forward turning ½ right (4)  
**\*easy option for counts 3-4: Just walk! Step L forward (3), step R forward (4)**  
5,6      Rock L forward (5), recover to R (6)  
7&8      L side shuffle: Turning ¼ left, step L to left (7), step ball of R to L (&), step L to left (8) (12:00)

### R cross rock, R side shuffle, L cross rock, L side shuffle

1,2      Rock R across L (1), recover to L (2)  
3&4      R side shuffle: step R to right (3), step ball of L to right (&), step R to right (4)  
5, 6      Rock L across R (5), recover to R (6)  
7&8      L side shuffle: step L to left (7), step ball of R to left (&), step L to left (8)

### ⅛ right cross back step, Heel swivels, ¼ left cross back step, Heel swivels

1-2      Step R across L (1), step L back turning ⅛ right to 1:30 (2)  
3&4      Step R next to L (3), swivel both heels to right (&), swivel heels back to left (4) (1:30)  
5-6      Step L across R (5), step R back turning ¼ left to 10:30 (6)  
7&8      Step L next to R (7), swivel both heels to left (&), swivel heels back to right (8) (10:30)

### R rocking chair, ⅛ pivot left, ¼ pivot, left (total ⅜ turn left to next wall)

1-2      Still at 10:30, Rock R forward (1), recover to L (2)  
3-4      Rock R back (3), recover to L (4)  
5-6      Step R forward (5) and pivot slightly more than ⅛ left, rolling hips and transferring weight to L (6)  
7-8      Repeat counts 5&6 to square to your new wall (6:00)

### Do the following 8 counts after Wall 1 only:

#### 8 count tag:

1-4      Step R to right (1), bounce L heel 3x (2, 3, 4)  
5-8      Step L to left (5), bounce R heel 3x (6, 7, 8)

Have fun!  
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