

Matchbox

拍數: 48 牆數: 4 級數: Improver
編舞者: Lene Mainz Pedersen (DK) - August 2023
音樂: Matchbox - Jonny Lang



Intro : 40 Counts .. NO TAGS & NO RESTARTS ☐

Thank you Jack Leonhard Thielsen for suggesting the music ..

Sec. 1: HEEL SWITCH R & L, ROCK R, SHUFFLE 1/2 R, 1/4 R CHASSE L

1&2& Dig R Heel fw, Step R next to L, Dig L Heel fw, Step L next to R
3 – 4 Rock fw on R, Recover on L
5&6 Turn ¼ R step R to R side, Step L next to R, Turn ¼ R step R fw (6:00)
7&8 Turn ¼ R step L to L side, Step R next to L, Step L to L side (9:00)

Sec. 2: BACK ROCK, KICK BALL CROSS, R SIDE ROCK, CROSS SHUFFLE

1 – 2 Rock back on R, Recover on L
3&4 Kick R to R diagonal, Step R next to L, Cross L in front of R
5 – 6 Rock R to R side, Recover on L
7&8 Cross R in front of L, Step L small step to L, Cross R in front of L

Sec. 3: TURN 2X 1/4 R, CROSS SHUFFLE, 1/4 MONTEREY R

1 – 2 Turn ¼ R step back on L, Turn ¼ R step R to R side (3:00)
3&4 Cross L in front of R, Step R small step to R, Cross L in front of R
5 – 8 Point R to R side, Turn ¼ R step R next to L, Point L to L side, Step L next to R (6:00)

Sec. 4: FIGURE 8

1 – 4 Step R to R side, Cross L behind R, Turn 1/4 R step R fw, Step L fw (9:00)
5 – 8 Turn ½ R step R fw, Turn ¼ R step L to L side, Cross R behind L (6:00)

Sec. 5: CROSS ROCK, CHASSE R, POINT FW, POINT SIDE, SAILOR 1/4 L

1 – 2 Cross R in front of L, Recover On L
3&4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Point L in front of R, Point L to L side
7&8 Sweep L ¼ behind R, Step R together, Step fw on L (3:00)

Sec. 6: 2X PADDLE TURN L, JUMP FW R & L, HOLD, SWAY R, SWAY L

1 – 4 Step R fw, Turn ¼ L recover on L, Step R fw, Turn ¼ L recover on L
&5 – 6 Jump fw on R, Jump fw on L, HOLD and clap
7 – 8 Sway R hip R, Sway L hip L

Start again ☐

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