

Stay Safe

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Heru Tian (INA) - December 2023
音樂: Ge Zi An Hao (各自安好) - Hai Lai A Mu (海來阿木)



No tag, no restart

Section 1 : Rock Fwd, Recover, 1/2R Fwd, Fwd, 3/4R Spiral, Side, Together, 1/8L Fwd, Out-Out, Back, Coaster

12&3 Rock RF fwd (1), Recover on LF (2), 1/2R, Step RF fwd (&), Step LF fwd, make a spiral 3/4R (3) (3.00)
4&5 Step RF to R Side (4), Step LF next to RF (^), 1/8L, Step RF fwd (5) (1.30)
6&7 Step LF out (6), Step RF out (&), Step LF back (7)
8&1 Step RF back (8), Step LF next to RF (&), Step RF fwd (1)

Section 2 : Spiral Full L with Hook, Fwd, Rock Fwd, Recover, Back, Behind Point, 1/2L, Full Turn L, Sweep, Cross, Side, Back

2&3 Make a full spiral turn L, Hook LF (2), Step LF fwd (&), Rock RF fwd (3)
4&5 Recover on LF (4), Step RF backward (&), Point LF behind (5)
6&7 Make a 1/2L, Step LF in place (6), 1/2L, Step RF Back.&), 1/2L, Step LF fwd, Sweep RF back to front (7) (7.30)
8&1 Cross RF over LF (8), Step LF to L Side (&), Step RF back (1)

Section 3 : Back, 3/8R Fwd, Fwd, Rock Fwd, Recover, 1/2R Ronde, Side, Cross, Side Rock, Recover, Cross, Side

2&3 Step LF back (2), 3/8R, Step RF fwd (&), Step LF fwd (3) (12.00)
4&5 Rock RF fwd (4), Recover on LF (&), Make a 1/2R, Ronde RF fwd (5) (6.00)
6&7&8& Step RF to R Side (6), Cross LF Over RF (&), Rock RF to R Side (7), Recover on LF (&), Cross RF over LF (8), Step LF to L Side (&)

Section 4 : Behind with Hitch, Behind, Side, Cross Rock, Recover, 1/4L Fwd, Basic NC, 1/4R Back, Sweep, Coaster

1 Step RF behind, Hitch LF (figure 4) (1)
2&3 Step LF behind RF (2), Step RF to R Side (&), Rock LF cross over RF (3)
4& Recover on RF (4), 1/4L, Step LF fwd (&) (3.00)
5&6 Take a long step RF to R Side (5), Step LF slightly behind RF (6), Cross RF over LF (&)
7&8&1 1/4R, Step LF back, Sweep RF front to back (7), Step RF back (8), Step LF next to RF (&), Rock RF fwd (1) (6.00)

Start again...

Thank you so much
Herutian79@gmail.com

Last Update: 9 Jan 2024