

Wholesome

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Jacques (USA) - March 2024
音樂: On My Way - Ryan Mack



Restarts: 0 Tags: 0 Intro: 32 counts

Alternate track: 'Kinda Funny' by Young Bombs (feat. Audrey Mika)

[1-9] Side, Together, Cross, Chassé L, Cross Rock-Recover, Chassé R

1, 2 Step R to R side (1), Step L next to R, turning slightly toward L diagonal (2)
3, 4&5 Cross R over L (3), Step L to L side (4) Step R next to L (&) Step L to L side (5)
6, 7 Cross Rock R over L (6) Recover weight L (7)
8&1 Step R to R side (8) Step L next to R (&) Step R to R side (1) – facing 12:00

[10-16] Hold, Ball-Step, Hold, Ball-Step, Sway 2x, Sway w/ ¼L

2&3 Hold (2) Step Ball of L next to R (&) Step R to R side (3)
4&5 Hold (4) Step Ball of L next to R (&) Step R to R side (5)
6, 7, 8 Sway L (6) Sway R (7) Sway, rotating ¼L, weight forward on L (8) – facing 9:00

[17-24] ¼L Pivot x2, Forward Rock-recover, Walk back

1, 2 Walk forward on R (1) Pivot ¼L, shifting weight onto L (2)*
3, 4 Walk forward on R (3) Pivot ¼L, shifting weight onto L (4)*
5, 6 Rock forward on R (5) Recover on L (6)
7, 8 Walk back on R (7) Walk back on L (8) – facing 3:00

* Styling option – hip circles w/ pivots

[25-32] Step Touches Travelling Back, Recover, Pivot ½L

&1, 2 Step back on Right (&) Touch L in front of R (1) Hold (2)
&3, 4 Step back on Left (&) Touch R in front of L (3) Hold (4)
&5, 6 Step back on Right (&) Touch L in front of R (5) Recover weight forward onto L (6)
7, 8 Step forward on R (7) Pivot ½L, stepping forward on L (8) – facing 9:00

Last Update: 3 Jun 2024