

Retrospect

拍數: 32 牆數: 4 級數: Beginner
編舞者: Helen Wyndow (AUS) - April 2024
音樂: Retrospect - The Baseballs



Intro: 16 counts starts on vocals

S.1: R VINE, TOUCH, L VINE ¼ L, SCUFF

1,2,3,4 Step Right to R side, step Left behind R, Right to R side, touch Left beside R
5,6,7,8 Left to L side, step Right behind L, turn ¼ Left stepping forward on Left, scuff
Right forward (9:00)

S.2: K STEP

1,2 Step Right forward to R diagonal, touch Left beside Right
3,4 Step Left back to L diagonal, touch Right beside Left
5,6, Step Right back to R diagonal, touch Left beside Right,
7,8 Step forward Left to L diagonal, touch Right beside Left (9:00)

S.3: R HEEL FWD, TOGETHER, L HEEL FWD, TOGETHER, V STEP

1,2 Touch Right heel forward, step Right back beside Left
3,4 Touch Left heel forward, step Left back beside Right
5,6 Step forward Right to R side, step forward Left to L side
7,8 Step Right back to centre, close Left beside Right (9:00)

S 4: R STOMP, SWIVEL, L STOMP, SWIVEL

1,2, Stomp Right to R side, swivel Left heel towards R foot,
3,4 Swivel Left toes towards R foot, swivel Left heel towards R foot
5,6 Stomp Left to L side, swivel Right heel towards L foot,
7,8 Swivel Right toes towards L foot, swivel Right heel towards L foot (9:00)

**** TAGS here, walls 3,5,8**

START AGAIN

**** TAGS:**

TAG 1: At end of Walls 3 (facing 3:00) and 8 (facing 12:00) there is a 4 count tag:

ROCKING CHAIR

1,2,3,4 Rock Right forward, recover on Left, rock back Right, recover on Left

TAG 2: At end of Wall 5 (facing 9:00) there is an 8 count tag:

ROCKING CHAIR, V STEP

1,2,3,4 Rock Right forward, recover on Left, rock back Right, recover on Left
5,6, Step fwd Right to R side, step fwd Left to L side,
7,8 Step R back to centre, close Left beside Right

Ending: Facing 12:00 dance first 4 counts of S.1, step/stomp Left to left side to finish

Contact: helenwyndow@gmail.com