

My Painter

拍數: 32 牆數: 4 級數: Beginner/Improver
編舞者: Helen Wyndow (AUS) - April 2024
音樂: The Painter - Cody Johnson



Intro: 16 counts

2 Restarts

S.1: ROCK FORWARD/RECOVER, ½ TURN SHUFFLE R X 2, ROCK BACK/RECOVER

1,2 Rock forward on Right, recover to Left
3&4, Turning ½ Right step fwd R, close L beside R, step fwd R (6:00)
5&6 Turn ½ Right stepping back L, close R beside L, step L back (12:00)
7,8 Rock back on Right recover to Left

S.2: FORWARD HOLD, BALL, WALK R,L, FORWARD ¼ L, CROSS SAMBA

1,2& Step forward Right, Hold, step on ball of Left foot
3,4 Walk forward Right, Left
5,6 Forward Right, turn ¼ Left placing weight onto Left (9:00)
7&8 Cross R over L, step L to Left side, R to Right side travelling slightly fwd

S.3: SIDE ROCK/RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK/RECOVER, MAMBO FWD

1,2 Rock Left to L side, recover to Right,
3&4 Left behind Right, step Right to R side, cross Left over Right
5,6 Rock Right to right side, recover to Left
7&8 Rock Right forward, recover on Left, step back Right

S.4: BACK, BACK, COASTER, FWD ½ TURN, ½ TURN EXTENDED SHUFFLE FWD

1,2, Step back on Left, back on Right
3&4 Step back on Left, Right beside Left, step Left forward **RESTARTS
5,6 Step forward Right, pivot ½ Left stepping onto Left (3:00) ##
7&8 Turn ½ Left stepping back on R, close L beside R, R slightly forward
& step Left forward (9:00)

START AGAIN

** RESTARTS WALLS 3 (facing 3:00) & 6 (facing 6:00) after count 28

Alternative option to ½ turn and ½ turn extended shuffle S.4: ROCKING CHAIR

5,6,7,8 Rock Right fwd, recover on Left, Rock Right back, recover on Left

Ending: Finishes after counts 5,6 of S.4 – step fwd R, pivot ½ L to end facing 12:00.

Contact: helenwyndow@gmail.com