

Opal

拍數: 64 牆數: 4 級數: Improver
編舞者: Thilda Gaardlykke - May 2024
音樂: Me and Bobby McGee - Magni Christiansen & Róin Siggertsson



#32 Counts Intro - One Restart

(1-8) Side Step. Back Rock. Side Step. Back Rock

1-4 Step R to side, Hold. Rock back on L. Recover on R.
5-8 Step L to side, Hold. Rock back on R, Recover on L.

(9-16) R Step Lock Step. L Step Lock Step

1-4 Step forward on R. Lock step L behind R. Step forward on R. Hold.
5-8 Step forward on L. Lock step R behind L. Step forward on L. Hold.

(17-24) Rumba Box

1-4 Step R to side. Step L beside R. Step Back on R. Hold.
5-8 Step L to side. Step R beside L. Step forward on L. Hold.

Restart on Wall 4 Facing 9 o'clock

(25-32) R Step Pivot Step. L Step Pivot Step.

1-4 Step forward on R. Pivot 1/2 turn left. Step forward on R. Hold.
5-8 Step forward on L. Pivot 1/2 turn right. Step forward on L. Hold.

(33-40) R Back Lock Step. L Back Lock Step.

1-4 Step back on R. Lock step L across R. Step back on R. Hold
5-8 Step back on L. Lock step R across L. Step back on L. Hold.

(41-48) R Side Mambo. L Side Mambo.

1-4 Rock R to side. Recover on L. Step R next to L. Hold.
5-8 Rock L to side. Recover on R. Step L next to R. Hold.

(49-56) Vine 1/4 Turn R. 1/2 Rumba Box.

1-4 Step R to side. Step L behind R. Turn 1/4 turn right stepping forward on R. Hitch L. (3)
5-8 Step L to side. Step R beside L. Step forward on L. Hold.

(57-64) 1/2 Rumba Box. Side Rock. Rock Flick.

1-4 Step R to side. Step L beside R. Step Back on R. Hold
5-8 Rock L to side. Recover weight on R. Recover weight on L. Low flick R behind L.

Enjoy & Happy Dancing

Submitted by: Oli Geir Johannesson Email: oli.geir@simnet.is