

Dance Tones

拍數: 32 牆數: 4 級數: Improver
編舞者: Aric Lemieux (USA) - July 2024
音樂: Dance With Me - Tones And I



Intro : 32 counts
Restarts/tags: None

Right Forward Rock Recover, Left Forward Rock Recover, ½ Turn Left Shuffle, ½ Turn Back On Right, ¼ Turn Left On Left

1-2& Rock forward on right foot, recover on left, (&) step right next to left
3-4 Rock forward on left foot, recover on right
5&6 ¼ left turn step out on left, (&) step right foot together, ¼ turn left step forward on left
7-8 ½ left turn step back on right, ¼ left turn step out on left

R Cross, Recover L, Rock Side RL, ¼ Turn R, L Step Forward, R Stomp x2

1-2 Rock right over left, recover on left
3-4-5 Rock out on right, recover left, ¼ turn right stepping forward on right
6-7-8 Step forward on left, right stomp next to left, right stomp next to left

Hop Back R, Touch L, R Hip Bump, Hop Back L, Touch Right, L Hip Bump, R Rock Back, Recover L, R Kick & Point L

&1-2 (&) Hop back diagonal on right, touch left next to right, bump right hip out
&3-4 (&) Hop back diagonal on left, touch right next to left, bump left hip out
5-6 Rock back on right, recover left
7&8 Kick right forward, (&) step right next to left, point left to side

L Kick & Point R, Right Sailor Step, ¼ Left Turn Sailor Step, Walk R, Walk L

1&2 Kick left forward, (&) step left next to right, point right to side
3&4 Cross right behind left, step left out to left, step right out to right
5&6 Cross left behind right, (&) step out right, ¼ turn left stepping forward on left
7-8 Walk forward on right, walk forward on left

Options for Section 4, steps 7-8 can be camel walks or ½ turn left, ½ turn left