

A Whirlwind

拍數: 32 牆數: 2 級數: Improver
編舞者: Sheila Kenny (USA) - September 2024
音樂: Whirlwind - Lainey Wilson



Intro 11 sec ct. Start on word "lone" 1 Tag 1 Restart

Sec. 1 Side Rock/Recover, ½ Pivot Turn, Full Turn, Rock/Recover, Side Rock/Recover

1& Step RF to Right side rocking Right hip out, Recover weight on LF
2& 1/2 Left Pivot turn stepping RF forward, Recover weight on LF (6:00)
3,4 1/2 Left turn stepping back on RF (12:00), 1/2 Left turn stepping LF forward (6:00)
5,6 Rock forward on RF, Recover weight on LF
7,8 Step RF to Right side rocking Right hip out, Recover weight on LF

Sec. 2 Behind Side Cross with Toe Point x2

1-4 Cross RF behind LF, Step LF to Left side, Cross RF over LF, Point Left Toe to Left side
5-8 Cross LF behind RF, Step RF to Right side, Cross LF over RF, Point Right Toe to Right side

Sec. 3 ¼ Hinge Turn/Point, Rock/Recover, Sweeps, ¼ Sweep Turn

1,2 ¼ Right Hinge turn stepping back on RF, Point Left Toe to Left side (9:00)
3,4 Rock forward on LF, Recover weight on RF
5,6 Sweep LF from front to back on Left side stepping on LF, Sweep RF from front to back on Right side stepping on RF
7,8 Sweep LF around into Left ¼ turn stepping on LF (6:00), Touch Right Toe next to LF

Restart After Sec. 3 on Wall 7 (6:00)

Sec. 4 Reverse Right Rhumba Box w/Shuffles

1,2 Step RF to Right side, Step LF next to RF
3&4 Step RF back, Step LF next to RF, Step RF back
5,6 Step LF to Left side, Step RF next to LF
7&8 Step LF forward, Step RF next to LF, Step LF forward

TAG Wall 5 (12:00)

Tag Right Rocking Chair, Side Touch, Side Together Side

1-4 Rock RF forward, Recover on LF, Rock RF back, Recover on LF
5,6 Step RF to Right side, Touch Left Toe next to RF
7&8 Step LF to Left side, Step RF next to LF, Step LF to Left side

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