

Pale White Horse

拍數: 64 牆數: 4 級數: Improver
編舞者: Alexis Strong (UK) & Mathew Sinyard (UK) - September 2024
音樂: Have The Heart (feat. Dolly Parton) - Post Malone



Starts After The Word Baby Approx 2 Secs

[1-8] R RUMBA BOX, SHUFFLE FWD, L RUMBA BOX, SHUFFLE BACK.

1-2 Step R To R (1) Close L To R (2)
3&4 Step Fwd On R (3) Close L To R (&) Step Fwd On R (4)
5-6 Step L To L (5) Close R To L (6)
7&8 Step Back On L (7) Close R To L (&) Step Back On L (8)

[9-16] BACK R ROCK RECOVER, 1/4 CHASSE, CROSS L BEHIND, 1/4 TURN R, 1/4 PIVOT TURN

1-2 Rock Back On R (1) Recover Fwd On L (2)
3&4 Making 1/4 Turn L, Step R To R (3) Close L To R (&) Step R To R (4) 9:00
5-6 Cross L Behind R (5) Making 1/4 Turn R, Step Fwd On R (6) 12:00
7-8 Step Fwd On L (7) Making 1/4 Turn R, Step R To R (8) 3:00

[17-24] L CROSS, SIDE, CROSS SHUFFLE, SIDE ROCK RECOVER, CROSS BEHIND 1/4 TURN.

1-2 Cross L Over R (1) Step R To R (2)
3&4 Cross L Over R (3) Step R To R (&) Cross L Over R (4)
5-6 Rock R To R (5) Recover On L (6)
7-8 Cross R Behind L (7) Making 1/4 Turn L, Step Fwd On L (8) 12:00

[25-32] FWD STEP, TOUCH, BACK SHUFFLE, BACK ROCK RECOVER, PIVOT 1/2 TURN.

1-2 Step Fwd On R (1) Touch L Behind R (2)
3&4 Step Back On L (3) Close R To L (&) Step Back On L (4)
5-6 Rock Back On R (5) Recover Fwd On L (6)
7-8 Step Fwd On R (7) Making 1/2 Turn L, Step Fwd On L (9) 6:00

[33-40] FWD R LOCK, R LOCK STEP , FWD L LOCK, L LOCK STEP.

1-2 Step Fwd On R (1) Lock L Behind R (2)
3&4 Step Fwd On R (3) Lock L Behind R (&) Step Fwd On R (4)
5-6 Step Fwd On L (5) Lock R Behind L (6)
7&8 Step Fwd On L (7) Lock R Behind L (&) Step Fwd On L (8)

[41-48] R JAZZBOX CROSS, STEP BACK, 1/4 TURN, CROSS R ROCK.

1-2 Cross R Over L (1) Step Back On L (2)
3-4 Step Back On R (3) Cross L Over R (4)
5-6 Step Back On R (5) Making 1/4 Turn L, Step L To L (6) 3:00
7-8 Cross Rock R Over L (7) Recover On L (8)

[49-56] R SIDE CLOSE , 1/4 SHUFFLE, 1/4 PIVOT TURN, CROSS L SHUFFLE.

1-2 Step R To R (1) Close L To R (2)
3&4 Making 1/4 Turn R, Step Fwd On R (3) Close L To R (&) Step Fwd On R (4) 6:00
5-6 Step Fwd On L (5) Making 1/4 Turn R, Step On R (6)
7&8 Cross L Over R (7) Step R To R (&) Cross L Over R (8) 9:00

[57-64] R SIDE ROCK RECOVER, CROSS R BEHIND, L SIDE ROCK RECOVER, CROSS L BEHIND, R SIDE, CROSS L.

1-2 Rock R To R (1) Recover On L (2)
3-4 Cross R Behind L (3) Rock L To L (4)

5-6 Recover On R (6) Cross L Behind R (6)
7-8 Step R To R (7) Cross L Over R (8) 9:00

Restart On Wall 2 After 24 Counts

End Dance On Wall 6 By Replacing Jazzbox Cross To Jazzbox 1/2 Turn R To 12:00

Enjoy & Happy Dancing
