

Refugee

拍數: 32 牆數: 4 級數: Improver
編舞者: Mary Pentangelo (USA) - September 2024
音樂: Refugee - Wynonna & Lainey Wilson



Intro is 32 counts – Starts with right foot, weight on left

[1-8] RF Rock Recover, Quick-Switch to LF Rock Recover

1-2 RF rock recover on LF
&3-4 with a quick-switch (RF replaces LF) to LF rock recover on RF
5-6 LF syncopated lock step back
7-8 RF points behind as it pushes you around over R shoulder for 1/2 turn (ending weight on RF)

[9-16] LF Rock Recover, LF Coaster, RF Point Front & Side, RF Sailor Step with 1/4 turn over R shoulder

1-2 LF rocks forward recover on RF
3&4 LF Coaster (LF steps back, RF steps next to LF, LF steps forward)
5-6 RF point to front, RF point to side
7&8 RF 1/4 turn sailor step (RF sweeps behind LF making a 1/4 over R shoulder, LF steps next to RF, RF steps forward)

(Weight ending on RF)

[17-24] LF Side Rock Recover, Quick-Switch, RF Side Rock, RF Double Crossing Shuffle, LF Rock Recover

1-2 LF rocks to side, recover on RF
&3-4 with a quick-switch (LF replaces RF) RF rocks to side, recover on LF
5&6 RF cross front over left for double shuffle
7-8 LF rock side, recover RF (with prep for 1/2 turn)

[25-32] LF 1/2 Turn Sweep to R Knee Point, RF rock front recover LF, RF Stomp, Skip Shuffle to RF Stomp

1-2 LF sweeps/drags around over L shoulder for 1/2 turn ending weight on LF with R knee slightly bent
3-4 RF rock forward, recover on LF
5-6 RF stomp to side, hold count 6
7-8 RF skip shuffle (LF replaces RF) to RF stomp, hold count 8

(end by shifting weight to LF to restart the dance)

Thank you for checking out my dance!

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