

Nomad

拍數: 32 牆數: 4 級數: Improver
編舞者: Kenneth Shaw (AUS) - September 2024
音樂: Nomad - Angus Gill : (Album: Nomad - iTunes)



Start after 8 count in, on Lyrics

[1-8] SIDE TOGETHER, FORWARD, HOLD; SIDE TOGETHER, BACK, HOLD

1-4 Step R to right side, step L beside R, step R forward, hold
5-8 Step L to left side, step R beside L, step back on L, hold

[9-16] BACK COASTER, HOLD; ROCK-STEP, REPLACE, HOLD* ** ***

1-4 Step back R, step L next to R, step forward R, hold
5-8 Step L forward, rock back onto R, replace weight back onto L, hold

[17-24] FORWARD, 1/4L TURN, CROSS, HOLD; WEAVE TO LEFT

1-4 Step R forward, 1/4 turn L, replace weight to L, cross R over L, hold
5-8 Step L to side, cross R behind L, step L to side, cross R over L

[25-32] SIDE ROCK CROSS, HOLD; SIDE, DRAG TO RIGHT, HOLD

1-4 Step L to side, recover onto R, cross L over R, hold
5-8 Long step R to side, with weight onto R, drag L up to R, hold

START AGAIN dancing in Anti-clockwise direction

* RESTART: On first Instrumental -- On Wall 5 (12 o'clock), after Count 16

** BRIDGE: On Wall 9 (3 o'clock), after Count 16

ADD

[1-8] SIDE TOGETHER, FORWARD, HOLD; SIDE TOGETHER, BACK, HOLD

1-4 Step R to right side, step L beside R, step R forward, hold
5-8 Step L to left side, step R beside L, step back on L, hold

[9-16] SIDE TOGETHER, BACK, HOLD; SIDE TOGETHER, FORWARD, HOLD

1-4 Step R to right side, step L beside R, step R back, hold
5-8 Step L to left side, step R beside L, step forward on L, hold

THEN CONTINUE WITH COUNT 17-32

*** ENDING: You will be on Wall 12 (6 o'clock) Dance up to Count 16, then slow 1/4 turn left turn as music slows, sway 1-4, then Restart dance with as many counts to finish on Front as Instrumental plays out